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23 SPEAKERS

Del Bigtree

Jenn Sherry Parry, Executive Producer, The Highwire

Mark Gorton, President, MAHA Institute

John Leake, Vice President, McCullough Foundation

Larry Palevsky, M.D. Holistic Pediatrician

Elizabeth Mumper, M.D. Former CEO, Rimland Center for Integrative Medicine

Brian Hooker, PHD, Biologist and Chemist, Simpson University, Co-Author, "Vax-Unvax: Let the Science Speak"

Joel "Gator" Warsh, Integrative Pediatrician

Nicolas Hulscher, M.P.H. Epidemiologist Administrator, McCullough Foundation

Mary Holland, J.D.

Male Speaker

Female News Correspondent

Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

Female Speaker

Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Karl Stefanovic, Journalist & TV Presenter

Marty Makary, MDM MPH, Food and Drug Administration Commissioner

Vani Hari, Food Activist, Author & Speaker, Founder, Truman, Blog: FoodBabe.com

Jay Bhattacharya, Director of the National Institute of Health

Zen Honeycutt, Founding Executive Director, Moms Across America

Aran Goldstein, Professional Chef

Robert F. Kennedy Jr. US Secretary of Health and Human Services

Lee Bigtree

START OF TRANSCRIPT

[00:00:05] Del Bigtree

Have you noticed that this show doesn't have any commercials? I'm not selling you diapers or vitamins or smoothies or gasoline. That's because I don't want any corporate sponsors telling me what I can investigate or what I can say. Instead, you are our sponsors. This is a production by our nonprofit, the Informed Consent Action Network. So if you want more investigations, if you want landmark legal wins, if you want hard hitting news, if you want the truth, go to ICANdecide.org and donate now. Alright everyone, we're ready. Yeah.

[00:00:44] Jenn Sherry Parry, Executive Producer, The Highwire

Yeah! Let's do this.

[00:00:46] Del Bigtree

Action. Good morning, good afternoon, good evening. Wherever you are out there in the world. It's time for us all to step out onto the Highwire. Well, **it's been an amazing week** for me. I got an opportunity to travel back to Washington, D.C.. The belly of the beast, if you will, for a Maha Institute. Incredible event looking at vaccine injury. Just really the focus. Uh, you know, just all about vaccine injury and being focused and all the scientists looking at it, all that we know, all that we don't know symposium all day long, it was amazing. We live streamed it. And by the way, if you signed up to our newsletter or signed up on our email list, you know, every time we're going live, so you should make sure that you're signed up for that if you want to know events that are coming in the future. But this is just a taste of what that event was like.

[00:01:54] Mark Gorton, President, MAHA Institute

Many people in this room and around the country have been working for years to bring attention to the problem of vaccine injury. We've done studies, we've published books and movies. Thousands of parents have spoken out about their own experiences. But still, vaccine injury is a taboo topic. Doctors shy away from it. Reporters don't dare touch it. Researchers risk their careers if they publish work on the subject.

[00:02:16] Del Bigtree

We are abandoned by science, and our kids are the representation of where we're at. The sickest nation in the world, the sickest generation this nation has ever seen. No one gets to have pride under these circumstances.

[00:02:30] John Leake, Vice President, McCullough Foundation

We're oftentimes told that vaccines are purely scientific enterprise, but in fact, they're deeply metaphysical and deeply religious artifact as well. And oftentimes the line between faith and scientific evaluation is strongly blurred.

[00:02:46] Larry Palevsky, M.D. Holistic Pediatrician

From 1998 to 2002, the amount of research that I had done was very concerning because while I was in the hospital, I went down into the library and went into the the literature, into the package inserts, into the textbooks, and I saw that there was no information about the ingredients that are in vaccines and how when injected into children, they understand what happens.

[00:03:16] Elizabeth Mumper, M.D. Former CEO, Rimland Center for Integrative Medicine

I've evaluated about 600 kids with autism, 23% of my patients. In answer to an open ended question, what do you think might have caused or triggered your child's deterioration? Will say the MMR vaccine. So we ought to believe parents when they say that.

[00:03:36] Del Bigtree

In 1986, when we had 11 vaccines, our chronic disease rate in America was 12.8%. Then we had the 1986 act took away liability, and suddenly the vaccine program became a gold rush, 54 shots, 72 vaccines. We went from 12.8% chronic disease to over 54% chronic disease. This isn't happening with any other mammal on the planet. Only the smartest mammal.

[00:04:02] Brian Hooker, PHD, Biologist and Chemist, Simpson University, Co-Author, "Vax-Unvax: Let the Science Speak"

33 million children in the United States right now have some type of chronic condition, excluding obesity. And that that has increased by four fold since the 1980s. And it does track directly with the vaccination schedule. So why would the federal government, why would the CDC, the HHS, the NIH, the FDA look everywhere else except for vaccinations?

[00:04:33] Joel "Gator" Warsh, Integrative Pediatrician

And it's not about just protecting against diseases. It's also about injuries. Any medical product can have an injury, and you can want two things. You can want kids to be safe, but you can also want safe products. And those two things are not exclusive.

[00:04:47] Nicolas Hulscher, M.P.H. Epidemiologist Administrator, McCullough Foundation

I think the majority of Americans understand that the Covid 19 vaccines are dangerous. A Rasmussen survey came out a few months ago and found that I believe over 56% of American voters believe that the Covid 19 shots caused mass deaths. So it appears it's now in the majority.

[00:05:09] Mary Holland, J.D.

91% of Americans support informed consent, 88% support the right to refuse medical treatment, 87% medical choice is a human right. Overwhelming majorities of our citizens support medical freedom.

[00:05:25] Larry Palevsky, M.D. Holistic Pediatrician

There is a culture of denial that is coming undone, not because of pediatricians, but because of parents. What they're seeing is real and the gaslighting is on its way out, and it needs to be on its way out.

[00:05:44] Del Bigtree

The religion is dissolving right before our eyes. Be gracious. We're winning. But be loud and more proud than you've ever been.

[00:05:58] Del Bigtree

It was just a spectacular event. I want to congratulate Mark Gorton and his incredible team there at Maha Institute. Really excellent panels of scientists and doctors and pediatricians looking at these issues. Massive epidemic of vaccine injury. And it is it's just it's absolutely unbelievable. If you want to go back and watch that or some parts of it, you can just click on this QR code or use the bit.ly round table and watch it. We, you know, recorded the entire event really spectacular. Later that evening, I went over and Maha action had a really excellent event, similar to the one we talked about here in Austin. The Eat Real Food campaign continues on. Robert Kennedy Junior was there, and Kylie Minogue and several other speakers. Rand Paul talking about his bill, trying to, you know, take liability or put liability back on the manufacturer so we can get vaccines back in a free market system. And you just sit here, you know, listening to speakers, watching real politicians in in the center of Washington, D.C., panels of, um, you know, news reporters from every major newspaper. And I just have to say, you sit there and just think, oh my God, how far we have come. And I really loved that, uh, Mark Gordon and the Maha Institute decided to really focus on vaccine injury because I think at times it feels like, you know, Bobby is in there, he's working government.

[00:07:24] Del Bigtree

You can tell he's entrenched in trying to get as much done as he can. But what this really shows is Mars a movement. Bobby's going to do everything he can do. Love the work that he's doing. Marty. Doctor Oz. But we've got to continue this conversation with everyone we know and and seeing a venue where these scientists could talk about what they're discovering, even. I mean, every day there's a new discovery and a new horror coming out, especially on the Covid vaccine. So just spectacular time. Washington, DC and it really made us think about the fact that we haven't said this yet, but this is actually our 10th anniversary year for the work that I can has been doing. And ultimately the high wire, it's ten years of impact. We've won lawsuits that, you know, many of the scientists and doctors are referencing studies that came out of lawsuits that we won in court. You made that possible. Those of you that have been donating to make that possible, there's an inconvenient study was used graphs and, you know, storylines from that were used by other speakers. Of course, I spoke about it too. But all of this work we do is all about transparency, bringing transparency back to science, and of course, demanding the scientific method take place.

[00:08:36] Del Bigtree

So one of the things we want to do, we thought it'd be really fun is so many of you come up to me in airports or even at that event in Washington, DC, you know who you are and you'll come up and say, oh my God, you know, you saved my child's life. Sometimes I hear, you know, my child was regressing, you know, into autism. It didn't make sense. Then I found The HighWire and suddenly started putting the pieces back together. Or we never vaccinated our kid because we were watching the high wire. Or, you know, your lawsuit helped me stay in the military. I mean, everywhere we go, but we thought it'd be really awesome to compile your personal stories, your incredible videos about how I can and the high wires maybe impacted your life or your family. So we would love it if you would, you know, shoot a video, maybe involve some of the people in your family that were involved in your story, have fun with it and submit them to info@icon.org. Who knows, you may just see us feature one of these stories, uh, on the high wire, but we really wanted to have some fun and, and give you an opportunity to express and maybe we'll put up a channel so people can see all of these different stories that are out there.

[00:09:43] Del Bigtree

But it's one of the things we want to do is we focus this year ten years. You know, when ICAN The HighWire started, I swear you could not say the word vaccines if you weren't going to praise it. And if you didn't follow by vaccines are safe and effective. You weren't allowed to say anything else. It was literally all that was allowed to be said. If you went anywhere into questioning it, then you were kicked out of your mommy group, your mommy blog, or your friends would stop talking to you. We're in a whole other world. Those stats that Mary Holland was reading, and we've covered some of them from the Brownstone Institute. You know, looking at how many people really want medical freedom, how many people really believe in choice, how many people want liability back on the industry? These are all things no one knew anything about before we started this work. So we're really excited just to reflect on what we've achieved. Of course, the job is not over and we need your help more than ever. We are fighting it out, duking it out right now in West Virginia. I think I think I heard last like 21 lawyers on the other side fighting Aaron and his team from. I mean, representing all different groups that all apparently really do not want us to have medical freedom.

[00:10:52] Del Bigtree

So it continues on. West Virginia again, bans religious reasons for school vaccine exemptions. They're hanging in there. This is in the appellate court. We're fighting for our lives and 90 other cases across the country. But that's what we do. Look, we love the fight. We know we're in it. No one expects us all to change overnight. It's all a part of freeing the five. And we're still focused on making that happen. And by the way, beating back any attempt to take away the freedoms, our ability to opt out, religious exemptions and personal belief exemptions across the country. Jefferey is going to be getting that to that in just a minute. But one of the things that really showed us that we have a different government in place was, iiRc, the entire autism agency. That was what was it? I forget the C's coordinating Committee that was put together some of the great people that have blessed this stage and been here and talked about either the issues in their family, their own children, many parents that have been fighting for this, many that have written legislation to try and make a world a safer place. And one of those people on that committee, you know her? She's the warrior. Mom. Tracey, take a look at this.

[00:12:04] Male Speaker

Our next presenter is a certified integrative health coach and the proud author of Warrior Mom.

[00:12:10] Male Speaker

Tracey Slepcevic is an Air Force veteran, public speaker and integrative health coach.

[00:12:14] Female News Correspondent

We turn to Tracey Slepcevic, author of Warrior Mom.

[00:12:18] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

For about 10 to 12 years, I wanted to write a book on my journey of healing my son. Our son was diagnosed with autism. I could have wallowed in my own self-pity and played the victim and been like, woe is me, my kid's got autism or do exactly what I did. And I sucked the tears back up into my eyes and I got to work and I started googling because back then, in 2009, when he was diagnosed, you could Google healing autism and you could get a lot of resources. And a lot of people were spending thousands of dollars on, um, attorneys to get 40 hours of ABA. When I was the one who just went and took the classes and bought the books and was like, you know what, I'm going to learn this myself. My goal and what it, what it is that I look to achieve is to educate all parents and how to address those underlying conditions associated with autism and other neurological disorders. My main thing is to really just reach as many parents as I can and teach them that healing is possible. It's my purpose to create awareness and from a complete space of love.

[00:13:34] Del Bigtree

She's the author of Warrior Mom. She's the founder of the Autism Health Summit, and she's one of the newest members of the Interagency Autism Coordinating Committee. For the government of the United States of America. It's my honor and pleasure to be joined once again by Tracy Slepcevic. Very light. There we go. All right. Good ribs are still hurting a little bit. The audience knows what that means. Anyway, Tracy. What what an amazing ride you've been on just this last couple of years that you've been visiting us. So to go from writing a book about being a mom, a mother of an autistic son, then then jumping into, you know, putting forward a summit where, you know, doctors and scientists and everything can, can get together and talk about it. But now to be asked by Robert Kennedy Jr, I want to start there. How did that happen? What did that moment feel like?

[00:14:27] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

So it's it's been very surreal. And I am so honored and blessed to have been able to even put my hat in the ring. And so I submitted an application for to be on the committee. And from there I received a phone call. I was asked to submit, you know, updated resume, bio, answer some questions. And within a few days, I received phone calls saying that we would love to welcome you on to the committee. And from there, everything just started to move really fast. And there's a lot of forms to fill out because technically, you know, you're you're working under the government. So a lot of forms, some trainings and everything except, you know, handing in my firstborn. Yeah. All good.

[00:15:20] Del Bigtree

Well, wonderful. Um, when, you know, when we look at that committee, this has to be something you've looked at as a parent, frustrated with the system, frustrated with, you know, really the gaslighting that's been the only thing that's ever come out of the U.S. government that seems around autism. Um, so what do you think? Is this just going, is this is this going to make a difference? Can it do anything? You know, when you look at the other members of this committee, what are you thinking about?

[00:15:48] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

I think we have 21 very powerful new members. We've all been, you know, neck deep in addressing underlying conditions, you know, fighting for our children and treatments and therapies and things to be covered for autism in the community. You're absolutely right. This committee has been around since 2000, originally under the Children's Health Act and then was, you know, reformulated a few times. And then now it's under the autism CARES act that was rewritten in 2014 and 2019. But either way, nobody knew what it was until this big announcement comes out, 21 new members that Kennedy assigns for for the new Interagency Autism Coordinating Committee.

[00:16:44] Del Bigtree

Yeah. It's amazing. So what is it? I mean, have you had a meeting yet? Do you find out what it is you're going to be doing? Is it just an advisory? Does that mean are you allowed to ask for a vaccinated versus unvaccinated study, or are you allowed to open up files? Look at what they know. I mean, what is it? Do you have a sense of what you can and cannot do?

[00:17:05] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

Not 100%. But I am getting there so we can advise. So we are an advise a federal advisory committee, and we can advise departments under HHS or Kennedy himself on anything and everything autism, right. Research, medical conditions, care policies. We can advise, we can't write the policies and we cannot vote on funding.

[00:17:36] Del Bigtree

Okay, so you don't worry about how much something costs, do you say? You know, we have to start looking at adult autism aging out. You know, what systems are going to be there for them. These are things that, you know, I know so many parents of autistic children that are growing up now, teenagers moving on some higher functioning like your son, others not so much very difficult situations at home. But there's so much this government's going to need to do with the size and scope of autism now in America.

[00:18:08] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

So adult care is a big thing. You're right. A lot of them are aging out. Also addressing, uh, co-morbid conditions, underlying conditions.

[00:18:19] Del Bigtree

You said that several times. What does that mean to someone that doesn't have a child with autism?

[00:18:22] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

Co-morbid would be like a combination of underlying conditions. Underlying conditions, you know, could be gastrointestinal issues. Pans, pandas, inflammation on the brain. Um, we have pre genetics like mthfr mitochondrial disorder that play play a factor. You have heavy metal toxicity. I mean, there's mold. There's all these different conditions that are underlying. And this is, this is where I was successful. I was taught early to address those underlying conditions for my son. And early intervention is key. So you begin with the gut. If you don't lay a foundation and begin with the gut, then it's not, you know, throwing treatments and therapies at it. You know, expensive ones at that isn't always going to work. But, but the thing with this is a lot of these treatments and therapies, this is where, this is where I'm passionate about it is that they're not covered by insurance. Most of these treatments and therapies are out of pocket expenses for families impacted by autism. Let's IVIg treatments for for encephalitis, inflammation of the brain pans, pandas that Steve and I had to pay out of pocket.

[00:19:49] Del Bigtree

It's crazy.

[00:19:49] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

That's in. For anybody who doesn't know what an IVIg costs. One full round is about \$22,000, and Noah had to get quarter rounds every two weeks. And it's crazy. If not, I had to take the risk of of my son having more inflammation in his brain and further regression. And, and I wasn't willing to do that.

[00:20:14] Del Bigtree

Wow. So when you look at this issue now in the state we're in, Covid, I think woke so many people up to vaccine dangerous issues. Risks isn't doing what they said it could do. Maybe it's more dangerous than we thought. When, you know, this conversation of autism, is this changing on a public level? Do you feel like or you know, and I guess is the debate still that has to be worked out? This idea that you said regressive autism, this idea of regressing into autism because of an environmental attack, a moment, an environmental toxicity that the child regresses into autism. Are we still in a place where you feel like we haven't fully won the conversation, that you're not born with autism? It's not there the whole time that these children are regressing? Or are we past that point? Or do most people you run into go, oh yeah, I understand it is a regression.

[00:21:08] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

Well, the people I surround myself with believe you know what, what actually is. So I say the proof is in the pudding, right? So I experienced what I experienced is, is my experience. But I've talked to thousands of parents since I wrote my book, books since I started my organization that have the same story. How is it that we all have the same story that we took our child in for a well-baby visit they received? I mean, the main one is MMR and varicella. Um, and then you started to see this slow regression losing speech, motor skills. Noah got measles from the measles vaccine. A lot of children do do get it. I think the statistics are more than 50% actually get the measles from the vaccine. So is it coming out? Yes, I believe it's coming out. Are there people that are still like stuck and no, this is the end all be all. It's the right thing. You're at choice. I, I want to I want people to have informed consent. We keep screaming this, right? You scream it in your organization. I want them to know what's going in their body. I want them to know that a vitamin K shot is not real vitamin K that it has the biggest black box warning on it. It has aluminum in it. It has so much in it that that's it. I just want you to know what's going in your child don't believe me? Don't you know I'm not trying to debate with anybody. I'm just trying to give the facts for the safety of of children and adults.

[00:22:45] Del Bigtree

So. And you're doing that, I think most spectacularly with, uh, the Autism Summit now. So that's coming up. What are the dates for the next?

[00:22:54] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

Um, so our next conference is in San Diego, April 24th through 26.

[00:22:58] Del Bigtree

Okay.

[00:22:59] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

We have a really.

[00:22:59] Del Bigtree

There we go. Autism health summit, journey to Wellness, April 24th to 26th in San Diego. You can go to a conference.com. And, um, so what is it about this? Why was this conference necessary?

[00:23:14] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

So I wanted to develop a conference that didn't follow a narrative that was important to me to give knowledge.

[00:23:20] Del Bigtree

What do you mean by that? Didn't follow a narrative.

[00:23:24] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

So I believe there's, you know, a selective few out there that are I'm just lay it out simple bought out by Big Pharma. Okay. And told, you know, this is the way it should look. You should cross your T's and dot your I's if you want to fit in. And for example, I, I can't get boundaries with the regional center. So parents can actually have the regional center pay for their ticket. Although my conference gives valuable medical information for these families. But yet they say that what we discuss is not scientifically based and that we could cause danger to these families.

[00:24:08] Del Bigtree

Right? Let me just say that one of the things we've watched many autism groups come forward, some start out very open minded. No narrative like yours, but if you want the big dollars to come in and we watch it. Then you have to take on this different perspective, which is autism is beautiful. We're here to just make the lives of autistic people better, but we cannot have a discussion. There will be no discussion about causes of autism, susceptibility to autism, and certainly anything not from Tylenol to vaccines or anything like that. And frankly, I'd have to say even leucovorin, which, you know, I think what people didn't understand when Robert Kennedy Jr said Leucovorin can help reverse some of the issues around autism, didn't say it's a cure, but I felt like that was the first time the government of the United States ever said, you know, that there is a way to reduce or reverse some of the symptoms of autism. And what people don't realize in that is that that's the first time our government says if if you can reverse something, that means it's not a genetic DNA problem. It means there's an environmental toxin. Something went wrong that can be corrected if it can be corrected. It is not genetic at its base. And so I think when you're talking about that narrative, it's this idea that autism is genetic. It's always been here. We're just diagnosing it better. And it's really hard to see several of the groups that I think even get, you know, on the right track and then just go for you just watch their dollars just get increased by major organizations as soon as they step away from asking, well, how have we gone from 1 in 10,000 to now 1 in 30?

[00:25:55] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

Yes. And originally my husband and I had started the conference and we had put our own money into it, and we lost about \$40,000 because.

[00:26:07] Del Bigtree

You guys like throwing money at stuff. I'm telling you, 20,000 for this thing to heal your child, 40,000 to inform the public.

[00:26:14] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

And then afterwards I'm like, um, this gets to become a nonprofit organization. And so I continue to do fundraisers.

[00:26:21] Del Bigtree

What's the best way to?

[00:26:22] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

Autism health or they can just email me directly. Tracy at autism health.com. Tracy at autism health.com. But my full time job is autism. Health is counseling these families. I'm cooking dinner while I'm talking to one family, and then scarfing down my food so I can hop on a Zoom call with another family. And and I'm exhausted. I we don't have the funding currently for an assistant or any other funding. So, um, we're writing our own grants and Doctor James Lyons-weiler is assisting us, but I have a great community and I will bust my butt. I'll do as many fundraisers as I need to do. I have one this weekend at my home and do whatever it takes to to help these families, because that's my goal. I got Noah to a very functional place.

[00:27:18] Del Bigtree

Yeah.

[00:27:19] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

And he is doing great. He's working full time so he could travel the world all on his own.

[00:27:24] Del Bigtree

That is absolutely amazing. Tell me, uh, who are some of the speakers you're most excited to have at the conference this year?

[00:27:31] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

So you of course. I'm so grateful.

[00:27:33] Del Bigtree

Can't wait to be there.

[00:27:34] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

All your love and support. Yeah. Aaron Siri.

[00:27:37] Del Bigtree

Okay, great.

[00:27:39] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

Doctor Toby Rogers.

[00:27:40] Del Bigtree

Excellent.

[00:27:41] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

Doctor Dan Goodenough. We're also partnering with Edgar Clay, who's going to be coming and speaking.

[00:27:46] Del Bigtree

Fantastic.

[00:27:47] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

And Edgar Clay is the founder of Cellular Performance Institute. And they do stem cell therapy now. Originally I went to him and I said, do you do stem cell therapy for autism? And he said, I don't treat kids. And I said, well, why? And he said, because I don't know that it'll actually work. And unless I know that it'll work, I won't do it. Yeah. And I said, oh, you should do some research into that. And so a couple of weeks later, I didn't expect this. I get a call back and, and he's like, hey, I talked to my board about this and we want to fund a clinical trial. Um, super exciting. So they're actually working on what are the causes of autism? You know, they're, they're doing a whole. And so we've partnered with Edgar Clay and his team at CPI. And so he will be speaking. We have Doctor Sabine Hazan.

[00:28:40] Del Bigtree

Oh love her. Fantastic.

[00:28:41] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

She's also working on funding for a clinical trial for autism. And she's 12 and 12. I mean she's she's doing really good. So yeah, getting these these different types of treatments that are in the trial phase, right? Getting research studies funded and, and getting them accessible, making them accessible to families who are impacted by autism is super important. And I feel that this is the goal of this body. Of, you know, the new IoT committee.

[00:29:16] Del Bigtree

Well, I'm glad you're on it. I'm glad you're having so much success in the work that you're doing. Your dedication. It's what I keep saying to everyone in the audience. You know, I don't know what everyone's specialty is, but I think we're all alive in this moment for a reason. You're doing such great work. So I just want to thank you for joining us. I'll see you just in a couple of weeks at the Autism Health Summit.

[00:29:36] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

Yes. Thank you.

[00:29:36] Del Bigtree

Alright. Great. Look, if you want to donate or get involved, obviously this is a very important issue. But more importantly, if you have a friend out there that you know has a child struggling with autism, it is really hard to get good information. They're being gaslit by their doctors. This is one of the things you can just say, hey, I just heard about this autism health summit and they're talking about children's lives really being made better. Just thought it might be something you'd be interested in checking out. Spreading the word is how we do this. There's millions of children that are now suffering with this in America and around the world if we can make the lives better. To me, it's something we should really be involved with. Here is the new promotion for the Autism Health Summit. Take a look.

[00:30:22] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

So my dream for probably a good ten years or so has been to run an autism event, to really educate those parents and addressing those underlying conditions associated with autism.

[00:30:40] Tracey Slepcevic, Air Force Veteran, Integrative Health Coach, Public Speaker

And truly hearing from the best speakers. Aaron Siri. Del Bigtree, doctor. Toby Rogers, Ed Clay, doctor. Dan Goodenough, doctor Sabine Hazan, Tony Lyons, Sienna Sewell and the Sewell family Dawn, Marie, Gavin and the spellers community and all these amazing doctors, scientists and parents on how to address the underlying biological conditions associated with autism and other neurological disorders. When I started this journey, I felt alone. But we come together. We come together to unite, and that is the most important thing. What is it that you choose to create in your life?

[00:31:40] Male Speaker

This is a one of a kind experience you will not want to miss.

[00:32:02] Male Speaker

There's a lot of bad stuff that's happening, and what is almost invisible to the eye. It's the good stuff that's happening. And I believe we're heading towards a wellness that we've not experienced in many, many decades or generations. It's important though, regardless of what kind of power we think we hold or don't hold, that we understand that it's imperative that we all step forward.

[00:32:25] Female Speaker

We need to research. We need to find out because the people who are watching this probably think me alone can't save the world. But if we get a community, if we get a group, we can really affect the world.

[00:32:45] Del Bigtree

You know, it's amazing to me as I go to these conferences and, you know, I'm going to be at the Autism Health Summit and coming out of the Maha event just this week in DC, that there's still media out there that is pushing this idea that autism has always been here. We're just diagnosing it better. Um, that argument alone has been I mean, it's so easy to debunk it because we all know if we look back at our childhood, we didn't see this in our schools. We didn't see asthma inhalers, maybe one in my entire school. I'm in my 50s now. There's one kid that had to have asthma inhaler and now they're, you know, 1 in 12 kids, I think, or something like that. Autism, 1 in 12 point five boys in California. If you think we've always had 1 in 12 point five boys with autism, then you know there's a bridge we can sell you somewhere in New York. But, you know, there's so many people that have just never given up in this space. And to really starting to see the light coming through, real conversations happening. Um, it's just an amazing time, an amazing moment around these topics. So I'm happy to be in the middle of it. High wire ICAN. It's really the force that we've been involved with for the ten years that we've been making this impact. So anyway, coming up, we're going to have a great show here. I've got Aran Goldstein is going to be in studio. We're going to actually turn this set into a cooking station. Believe it or not, we've been working on this for the last couple of days. See if we can pull it off. Should be a lot of fun, but talking about how we can cook better at home. He of course, is, you know, revolutionizing, you know, food in schools around Texas and around the country and even around the world. I can't wait to talk to him about that. But first, it's time for the Jaxen report. Alright. Jefferey, what have we got going on this week?

[00:34:48] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Alright. Well, as we saw, **as you showed there** with the Maha Institute event last at the beginning of this week, the spotlight is now on vaccine injury like never before. People want the culture change. People want reform and they want it now. And the media is busy doing what the media has always been doing, which is messaging that the idea trying to sell to you, that the idea that liability protection for pharmaceutical companies and these products and their harms is a great idea. Like this article right here. Check this out. "Vaccine litigation at the brink. A surge of cases threatens public health." So they're going with the fear angle here. Says when vaccines were challenged, judges consistently said that the states possess a responsibility to protect communities from contagious diseases, and that this responsibility sometimes requires reasonable limits on individual choice. Well, that's not working anymore in the post-pandemic era. We don't want limits on individual choice to push products, injectable products that cause harm. But it goes on to say this as a nation confronts a new wave of vaccine related lawsuits, that balance is becoming strained in unprecedented ways. I think it's probably a good thing. The past few years have produced a volume, intensity and ideological diversity of litigation unlike anything seen since the late 20th century. The result is a legal environment that is not merely unsettled but genuinely unstable. And it finally says this if a court were to allow a vaccine injury claim to proceed completely outside the Visp, it could potentially establish a dangerous precedent that potentially undermines the statutory scheme designed to balance compensation for injuries with predictable liability protections for vaccine manufacturers. So you've got to think ICAN's in there somewhere making that unstable. We want instability in this system. We want them to hear the ideological shift that's happening because we want these these manufacturers to be liable and to make better products, to have the market forces back on their shoulders, just like every other company has to have.

[00:36:47] Del Bigtree

I mean, they're just right in plain daylight, essentially saying to you, if we were treated like every other product, we couldn't be on the market. We would never stand up to lawsuits. We can handle lawsuits, you see on all the drugs that we make. And we survived those just fine. But vaccines, that's different. We could never survive. The amount of lawsuits we would get from that, this can't be, you know, inside of the usual market forces that every other product you take is vaccines are different. Vaccines aren't tested for safety. They shouldn't have to be tested for safety and you shouldn't be able to sue. I mean, the whole thing is it's absurd. And you're right to read it. Can you imagine being a journalist hired by that newspaper? And that's the I have to write what I have to say, that free market forces are a bad idea, that the ability to sue, which is the foundational principle of a free market system and a democratic republic. I mean, you know, good luck with that. That's not my gig.

[00:37:39] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

And meanwhile, there's a critical mass of people just ripping the cover off of the fact that there's there's so many more vaccine injuries than, than people were taught to believe and understand. And so the idea that we're in this post-COVID era, the idea of legislatively, legally, even socially, even the media trying to push these ideas. It's it's dead on arrival. And let's go to the legislation state by state. That's where the battlefields are happening right now. And this is Arizona. This is a big move here. A lot of winds going on. I'm going to just chronicle these. "Arizona bill will let voters decide if government can mandate vaccines." So this is a bill that's been approved by the measure that's been approved by the House. If it passes the Senate, it goes directly to the ballot for people, the people of Arizona, to vote for it in November. So this isn't something that's going to rely on a governor's signature or a veto. This is letting the people vote if they want mandates for vaccines, for children, for adults. This could be really interesting to watch how it plays out.

[00:38:34] Del Bigtree

Very interesting. Yeah.

[00:38:36] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Truly, truly power to the people on this subject. And also let's go to Florida. A lot of things happening in Florida, but let's stick on the vaccine topic here. Their medical freedom bill is moving. So "Florida Senate passes bill to widen K through 12 vaccine exemptions bill now in the House limbo" pass the Senate have passed the Senate's in the House creates, so it creates a third layer. They already have medical exemptions. They already have religious exemptions for children K through 12. It's now creating a conscientious exemption. So there's three layers of protection here. Um but it also sneaks in this little goodie. It allows pharmacists to prescribe ivermectin over the counter to adults without a prescription. So whoever snuck that in there, pretty interesting little, little goodie. Nice. Um, for, for for extra for extra care there. So also now South Carolina, the defeat has happened. So religious rights, religious freedoms are really coming to the surface here. People are surging this idea, they're bringing it back. The idea of civil rights is just massive here. South Carolina during a measles outbreak happening down there, they tried to push through this bill that would end the religious exemption for the MMR vaccine for kids, but it did not go through. The state House was packed with parents and families. Religious freedom concerns. Sync. Vaccine exemption bill in South Carolina. Wow.

[00:39:55] Del Bigtree

That's amazing.

[00:39:56] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Now.

[00:39:57] Del Bigtree

So it's not working right. The fear mongering around these measles outbreaks right there in the center of that state was not able to let them even slip through. And, you know, removal of exemption for one vaccine. It's fantastic.

[00:40:10] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Yeah. It's not 2015 anymore. We have a whole different legislative space, which is really interesting to watch. And then back to Florida right now outside the vaccine space, kind of a greater space here. This is the headline "after 67 year gap, Florida may be about to legalize pathic medicine." This is SB 688. It recognizes and licensed naturopathic doctors. It's passed all of the votes, all the House Senate, almost unanimous votes all the way there. So this goes to the governor's desk now to to be signed or vetoed. So all eyes on that. But really expanding the idea out of this mainstream medicine paradigm for allowing people to have other choices, naturopathic choices, really interesting, super exciting.

[00:40:50] Del Bigtree

And it's a lot of what I think we have to start thinking about now is, okay, we don't trust our doctors, we don't trust the medical system. But where do we go? So many people really have not been introduced to all of the options that are in holistic health, whether it's naturopathy, homeopathy, acupuncture, Ayurveda, chiropractic, um, things that have been some of these around for hundreds of years, thousands of years, oftentimes longer than even the medical practices that we're seeing. In fact, that's one of the newest, um, you know, um, kids on the block, if you will, Western allopathic medicine was like one of the last things that we're involved in. And there's been a lot of failure there, especially in keeping and making people healthy. I would be the first to say I was just in an E.R. in Whistler, Canada, after breaking some ribs. There are moments where I love doctors. I love what they do, especially putting you back together. And even a pharmaceutical industry that can make a painkiller that you may need once in a while. So but it's balanced, right? It's all about finding that balance. And it's shocking Florida that it wasn't that neuropathy was not legal, I guess, or hasn't been for 70 something years. So it's great to see. Hopefully DeSantis will sign that. And if you're in Florida, you may want to make some phone calls on that. All right.

[00:42:07] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Yeah. Something that hasn't been there since 1959, according to the article. And it's just not about spotlighting the ills of the current system. It's about building what's next. People need an off ramp. And this appears to be what what this is going to look like, what we're witnessing here. And then we're talking about justice. We want to talk about writing the ills of the past. And this is what's happening not only in United States but in Canada. I want to start with Air Canada. That's their their airline, their "Air Canada ordered to pay pilots after religious vaccine exemption denials." So again, along this religious vaccine exemption line, this track, these are seven pilots. And in this the judge said they're ordered back pay but they established workplace religious discrimination, but it also it also jived with the Canadian Human Rights Act. So that was violated as well by this by Air Canada and the United States. This just broke. United Airlines faces mass lawsuit over vaccine accommodation policy. Um, well over a thousand employees. The the public facing employees that had religious exemptions, they put them on unpaid leave. So they didn't really give them any other accommodations. And so this is now they can join this class action. This is now going to a court. It will be decided by a jury. Um the payout here and the ripple effect could be could be massive. This is maybe maybe one of the most the largest in history, uh, religious class action lawsuit for a civil rights case. So this is all eyes on this one. Um, now let's go to the federal level. A lot of movement going on here.

[00:43:38] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

We have this one for the second time. Vinay Prasad has is announcing he's stepping down FDA vaccine chief Doctor Vinay Prasad to leave agency next month. That's in April. So less than a month. He's the head of the center for Biologics Evaluation and Research, and he has not released a statement. This was put out through Marty Makary FDA head during an interview. But, you know, everyone's asking what's going on? What's going on? I don't think we need inside sources who wish to remain anonymous, like CNN uses. The writing's been on the wall. Vinay Prasad has built his career in academic medicine as an independent thinker who challenged weak evidentiary evidence that underpins drug drug approvals. He took that into FDA in his tenure there, and he challenged Moderna. He told us that the Covid vaccine killed at least ten kids. He challenged the new flu shots. He said we refused. They refused to review the flu shots and the data for the new mRNA based flu shots for Moderna, because they had weak data, they said, we're not going to review this. That was later reversed. But he really shook it up. And I think stepping back here, one of the legacies in his short tenure was to just expose how bad this regulatory system is for new drug approval and new vaccine approval. And so this spot is going to be a massive fill. Whoever fills this spot, the people are watching. We want this momentum continued. We don't want it back to status quo before Kennedy, before this, this shake up. So it's going to be very interesting. It's a very powerful position he's in at the FDA.

[00:45:08] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

So that's obviously all eyes on that. And then in Boston, the American Academy of Pediatrics, a lot of other trade groups are suing HHS. Secretary Kennedy, what are we looking at here? We're looking at this. "Rfk Jr's anti-vaccine policies are unreviewable DOJ lawyer tells judge." Now, just just a point here here at ICAN, we're obviously used to going against Department of Justice lawyers, but at this point they're on the side of Kennedy. So just a caveat there. As I go in to read these, it says "US Department of Justice lawyer Isaac Belfer argued that Kennedy has the broad authority to make all the changes he has already made and more. He claimed that ARP and other medical groups were asking the court to supervise vaccine policy indefinitely. Belfer argued on behalf of the Department of Health and Human Services, said the medical organizations were merely seeking to use courts to enact their favored vaccine policy." And you go into the actual ruling here and the court documents and it says this this was filed in February. It says "the ACip that conducted those meetings consisted entirely of members appointed by the secretary after he fired en masse the 17 prior members of the ACip on June 9th, 2025. For Pretextual reasons, the current composition of the ACip violates the Federal Advisory Committee Act, which requires federal advisory committees to be fairly balanced and not be inappropriately influenced." So the AAP, this is rich, is saying we are suing you because there's unfair balance and inappropriate influence on the current ACip members. That's exactly why Kennedy reshuffled the deck because of conflicts of interest.

[00:46:40] Del Bigtree

I know we don't have anyone in there that's funded by pharma. That's not fair. We need pharma funded backed skills inside of there. This is illegal. It can't go this way.

[00:46:50] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Exactly. And so our lawyers that I can have an eye on this because it cuts both ways. So if Kennedy loses this, okay, there's a legal precedent. So when Kennedy gets out and if someone gets back in there and says, we want the old ACip members back, that's a lawsuit because it's not fair and balanced, and there's a precedent for that. So it'll be really interesting to [see how this one plays out](#). And now [I want to go to the umbrella issue](#). Really what we're talking about here, the elephant in the room, the fundamental rights, human dignity, justice, the basic fundamental freedoms for for the human rights that we enjoy. People want those and they're pointing them out when they're being taken away, when they're being infringed upon. And sometimes it just starts with a simple apology. Here's Australian television presenter Karl Stefanovic, and he's pretty big over there in Australia. He works for the Nine Network. And here is Carl on an interview recently. Take a look.

[00:47:43] Karl Stefanovic, Journalist & TV Presenter

Can we talk about Covid for a little bit? Because it's often mentioned in the comments. Like I said, I read them all because I'm genuinely interested in in how people view things. The one thing they say about me is that I supported the Covid jab. This is my shot.

[00:47:57] Female Speaker

This is my shot.

[00:47:58] Male Speaker

This is my shot. Come on Australia, let's get the job done.

[00:48:03] Karl Stefanovic, Journalist & TV Presenter

And I have regrets from that time and I am definitely sorry for the role I played in not questioning the science, in not questioning more the government mandates. And I feel like I isolated people because of that. And I don't think the media should be involved in in that kind of messaging. What I do believe is that we should have been there to offer some sort of education, but we shouldn't have taken that step further and been a part of a campaign. And I'm legitimately sorry for that, because I don't know how that would have felt for people out there.

[00:48:47] Del Bigtree

Wow. Well, that was the most thorough apology I think we've seen yet. You know, some of the staff were talking about this like a little bit too late. I don't know, I think it's always I think as many apologies as we can get so that we can start getting back to honesty. You know, there was a mistake that was made here. You have to admit that.

[00:49:06] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Yeah, yeah. Healing, healing. This is this is how it's done. It's one apology at a time. And it's the we're talking about a medical system here that does unjust things. And it seems like now anytime that there's a hint of that, it's being pointed out reflexively, almost automatically, people are done with that. What do I mean? Here's the New York Post talking about what's happening in Canada. This is the headline. "Canada is set to surpass 100,000 assisted suicides, more than the country's World War Two death toll." Wow. What they're talking about is May. This is the medical assistance in dying. There's been no positive reporting on this. People are just repulsed by by this. And what is this? Okay, so there's two tracks on this made through Canada. The Canadian government works through the medical system. The first track, which is in use right now, is it? It's for people who have a natural death in the reasonable, reasonably foreseeable future. So some kind of terminal disease. They're probably going to die very soon. And this is this is a way to speed that up to have, you know, there's a lot of ways to look at this, but it's through the medical system and the medical system speeds that process up for you. Um, here's, here's some of the headlines that are coming out of this system. Here's "women euthanized against her will after requesting palliative care." So what this does is it puts a spotlight on a medical system. Remember that during Covid told us to stay home until you can't breathe and then come in, we'll put you on a ventilator and we're going to get some money if we put you on that ventilator.

[00:50:37] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

And these are the medical system. We can go through all of the issues with the medical system, but we're granting them that type of power, which is an ultimate power here. Here's another op ed, "100,000 dead. Canada ignored the world and it shows." It says in this op ed, "let's say this by name, call it the truth. A systemic failure dressed up as compassion, made with sold as a narrow option for the terminally ill. A rare mercy that fiction collapsed long ago. Today. Assisted death is a routine outcome for people struggling with disability, isolation, poverty and mental health challenges. And when the world looked at what we're doing, it did not. Approvingly, it recoiled." What they're talking about in that op ed is track two. Track one is a death in the reasonably foreseeable future. Track two is this. We'll go right to Canada's website and point this out. It says "we're at a natural death is not reasonably foreseeable." Assessors these are bioethicists at hospitals must discuss with the person suffering made. Uh, Requesting made. "The reasonable and available means to require the person suffering and determine whether the person has given serious consideration to these means." So this could be anything. What does it mean? There is no meaning. It's a gray area, a massive gray area. And this is where even the United Nations says it's "extremely concerned. Un tells Canada to stop track two MAID" and articles look like this now.

[00:51:57] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Mental illness and the moral boundaries of MAID. It says the expansion of made has been criticized by mental health professionals, disability advocates and those concerned about how poverty and the lack of access to adequate care can shape a patient's decision. This is all going on in Canada and again across the board through media advocacy groups. Even even medical groups and doctors, they do not like this. They're pointing it out, saying something is inherently wrong. Here we're at 100,000 people. We haven't even approved track two, which would expand this to so many other people. And so again, I think this is a positive because we're pointing out something that has has the ability to go off the rails really hard. And how far can this go? Well, there's precedent. And again, there's also justice. Maybe sometimes too late in Peru. We have this headline coming out. "Inter-american court finds Peru guilty of forced sterilization and reproductive violence and denial of autonomy." What are they talking about? We covered this before. It says "for the first time, the Inter-American Court of Health writes, the region's highest tribunal has held the state of Peru accountable for the forced sterilization and subsequent death of Cecilia Ramos. The ruling advances the production of women's reproductive autonomy, consolidating the principle that the right to health is inseparable from civil and political rights, and that states bear a heightened duty to guarantee free, prior, full and informed consent with particular rigor in surgical sterilization procedures."

[00:53:22] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

So Peru's government went, with the help of USAID, went through and did a massive sterilization campaign decades ago, and this is the first time this human rights court has taken up this case. And this is what they said about that. So finally, there's some recognition here. And this is this is a massive step up. And the final point I want to say on this, we're talking about human rights, the right to privacy and not being surveilled by mega-corporations. Your government is also something people hold near and dear to their heart. In fact, so much so that any time there's a poll that happens and they ask about the kind of the big tech oligarchs out there, we have Mark Zuckerberg coming up dead last. "Americans still hate Mark Zuckerberg more than Elon Musk." He just can't just can't win in those polls. Mark. Um, and Mark has come out with his company meta and the meta glasses, they partner with Ray-Ban. And this is one of the headlines that came out. This is an investigation done by a media organization. And it says this "dear meta smart glasses wearers, you're being watched too." It says "the investigation found that much of the footage captured by Meta's smart glasses, of which more than 7 million pairs have been reportedly sold, is reviewed by contract workers at a Kenya based company called Sama. These workers are data annotators who are tasked with reviewing footage captured from the camera on the glasses and label, labeling it to help AI systems get better at identifying what they see."

[00:54:44] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

"The process is tedious and labor intensive, requiring workers to meticulously label everything on the screen that can be identified." They see everything. They see everything in your house, your credit card, your text messages, everything. There's no there's no privacy anymore. And finally, this article says this. "It's bad enough that we live in a surveillance state. It's made even worse by the fact that corporations are convincing people to pay for products to participate in advancing it." I mean, that's journalism right there. People are just calling out for what it is. And again, at the same time, we're being told artificial intelligence is so great. Elon Musk is telling us it's going to bring on utopia. People are going to get. Money's not going to mean anything. People can just pursue what they want to make them happy. America's not buying it. Here's a pull. "Ai is one of the least liked things in America, according to a new NBC poll." It says only 26% of voters said they view AI positively. 46 view it negatively, and 28% said they feel unsure or have no opinion. Leaving AI with a net favorability of -20. And get this it says in the study, AI ranked less favorably than US Immigration and Customs Enforcement. That's Ice. President Donald Trump, former Vice President Kamala Harris, the Republican Party and The Late Show host Stephen Colbert. So we're at a major turning point right now when it comes to looking at AI and thinking it's the savior, people are just not having it.

[00:56:06] Del Bigtree

Wow. It's amazing. Well, maybe we should do something about it and not let it keep moving forward and taking up all the finances of America and other nations around the world. Jefferey amazing reporting. Speaking of amazing reporting, you're always right on top of the zeitgeist the moment that we're in. And once again, as Bobby Kennedy is touring the country with Eat Real Food, the second part of your documentary series, which ironically, was all about food. The Great American Food Fight is premiering on Sunday, March 15th. So tell me about it. What are we going to get in part two?

[00:56:41] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Yeah, we saw this moment coming. We predicted it, and we put in a lot of hard work to have this documentary available at this time to blast off. So this Sunday is the great, like you said, Great American Food Fight part two. These are solutions. These are how we move forward. We talked in part one, how we how we got to the part, this system, this this kind of terrible food system we're in right now. It's how we move forward. All the solutions, how to cook better food. We have Chef Aaron in there. We talked to Vani Hari. We talked to Zen Honeycutt. And we talk about what it's going to take as a country to reform this system. We can rely on the federal government to only a certain degree, but it starts with our families and our communities. What does that look like? That's the great American food fight we're in right now.

[00:57:22] Del Bigtree

Fantastic. Well, it's available to all of you that, you know, give anything at all. If you're a monthly donor to ICAN. This is our way of giving back. Jefferey Jaxen show on high wire plus. Let's take a look at part two of the Great American Food fight.

[00:57:37] Marty Makary, MDM MPH, Food and Drug Administration Commissioner

For the last 50 years, American children have increasingly been living in a toxic soup of synthetic chemicals.

[00:57:44] Vani Hari, Food Activist, Author & Speaker, Founder, Truman, Blog: FoodBabe.com

Today marks the beginning of restoring the trust at the FDA and our regulatory institutions.

[00:57:52] Jay Bhattacharya, Director of the National Institute of Health

Since 2012 the United States has seen no increase in life expectancy.

[00:57:57] Female News Correspondent

Before you grab that box of cereal this morning, you might want to check the label. A new study says a chemical in weedkiller has been found in popular cereals like Lucky Charms and Quaker Oats.

[00:58:07] Zen Honeycutt, Founding Executive Director, Moms Across America

Glyphosate is the most prevalent herbicide in our food supply. If you understand how glyphosate works, how it functions, you will understand why it causes over 40 different Western medical diseases.

[00:58:19] Vani Hari, Food Activist, Author & Speaker, Founder, Truman, Blog: FoodBabe.com

I started a petition online. It quickly got 50,000 signatures. Within a few weeks. We have over 400,000 petitions delivered to Kellogg's today. Please let us in. You cannot turn your back on this many voices.

[00:58:37] Male Speaker

Our goal is to put health back in healthy human services. And that's why we're all here.

[00:58:41] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

Will the shift away from processed foods be hard?

[00:58:44] Male Speaker

Or is this transition happening in America an awakening? Greater amounts of people are understanding something is wrong with our food.

[00:58:50] Jefferey Jaxen, Investigative Journalist, The Jaxen Report

You really prioritize real food, whole food, nutritious food. What kind of changes have you seen in kids?

[00:58:57] Male Speaker

It was just a couple of weeks of super clean food. A teacher came to me first week and said, I have never, ever had the kids with this amount of attention. In the afternoon after lunch.

[00:59:10] Male Speaker

Go back to what your great great grandmother was serving for dinner and this gaslighting campaign. And you do it one meal at a time. You are creating your culture.

[00:59:19] Male Speaker

And your legacy by the foods that you're choosing to eat.

[00:59:22] Zen Honeycutt, Founding Executive Director, Moms Across America

You don't want any poisons, any pesticides in our food that have been banned in any other countries. And there's 85 of them that's got to go.

[00:59:29] Vani Hari, Food Activist, Author & Speaker, Founder, Truman, Blog: FoodBabe.com

The FDA is finished as we know it. Thank God it's finished as we know it.

[00:59:39] Del Bigtree

Alright. Well, it's amazing. Um, if you want to watch all the series. I mean, there's been so many great discussions on polio investigations that Jefferey Jaxen has done. Please, just become a recurring donor to The HighWire, and I can look. It's not easy to do this work. It's not easy to not reach out to just giant funding bodies like everyone else does. Say, hey, do you want to be a sponsor on our show? Uh, it'd be great. You'll get to see all the viewers, you know, got millions of people watching around the world. Sure, we could do that. But then slowly but surely go. Oh, hey, we didn't really like the topic. The way you covered it this week didn't really put the pharmaceutical industry in the right light or our chemical food company or even, you know, our water treatment facility. Whatever the case, or I don't want to be aligned with the types of stories that say blah, blah, blah, blah, blah. The only way we're able to do this show, the way that we do it, is through your donations, through your sponsorship. The only way we're able to fight lawsuits that have no money to be won. You realize what this is the reason they all thought they were going to get away with this whole thing forever was who is ever going to stand in courtrooms against government agencies will, will, nickel and dime them and stretch them out for years. It will cost millions of dollars. No one's going to do that if they can't recoup their money at the end of it. Unless you have an ideology, unless you have people that really care about the United States of America.

[01:01:06] Del Bigtree

Unless you create a nonprofit that just says, we're here, we're sending Aaron Siri to stand in your courtroom as long as it takes until we win for the people. This experiment where America's public health watchdog. This experiment has been incredibly successful. Can we combine media advocacy. You know, legal court wins and legislation all together in a way to start moving the needle? It has been ten years of impact now, and I'm telling you, we're even ahead of where we thought we'd be when we started this whole thing. But can you imagine if we can keep our pedal to the metal for ten more years, where we could be if we could hold off the next pandemic when they try it again? If we could win lawsuits to say, hey, you don't want to go through what United did, you don't want to force us to mask again, do you? Because that didn't work out for you last time. You realize these legal wins, even if the W.H.O. and the WEF try to take away your rights again, winning in court sets precedent so that it can never, ever happen again. We'll just go right to the institutions and say, you lost this lawsuit last time, and we're going to make it even bigger this time. This is what's happening in the 90 cases in the courtrooms across America. We're fighting for our future, but we're also fighting to put pillars in this castle of truth and freedom and our right to life, liberty, and the pursuit of happiness.

[01:02:31] Del Bigtree

I don't know of any other network that works the way that this one does. I don't know any other network that takes you watching and then says, hey, why don't we all get together and let's storm that castle and let's change the system? That is what's happening. So I hope if you were not already one of the great sponsors that make all this possible, join our team, join the Informed Consent Action Network, become a recurring donor. You can hit the tab at the top of your page. We're asking for \$26 a month for 2026. Come on. That's like lunch at Panda Express. Give up, you know, one one meal and go ahead and donate to ICAN and make a difference in this world. We'll make it easy for you. You can just text the number if you're listening right now and you can't see it, get out your phone and text the number 72022. And just write in the word donate. And I will personally respond to you and make this super easy so that you can join our team. They are, you know, they watch what we're doing. They're looking at our books. They always take a look and see, you know, what is ICAN up to this year? And we get to keep seeing them. Yeah. You know, we're up to we're winning a lot. Let's keep that role going because there's a lot of pressure coming. As we've talked about, you've got, you know, Donald Trump and this executive order, you know, covering up for glyphosate. I'm going to talk a little bit about that later. But this is all a part of our food.

[01:03:53] Del Bigtree

It's all a part of our food supply. If these aren't the most important issues of our lifetime, then what is really? Sure, we can get distracted by skirmishes or wars or whatever you want to call it, but meanwhile they are poisoning our kids. They are forcing products into them and onto them and through them that are destroying their lives and robbing them of the same life that we had when we were growing up. This must change. This is what we're doing here. So thank you for everyone that makes the high wire possible and everyone that's donating. Now again, we're really celebrating this year. So send in your video, go to. Just send it in to info@icon.org. Make a video and tell us your story. How has I can impacted your life over the last ten years? We'd love to share and celebrate in all that we're all doing together in this great, wonderful family. Well, speaking of family, when you send your kid off to the school, the one thing that you really wish was that they're being told that they're brilliant, amazing people and dynamic and are a gift to this world, but you also want them to know, to know that like that temple, that is their body that is being nourished. It's being fed with the best food so that they can be the best that they want to be, that they can reach their absolute potential. That's not happening in most schools across this country. There's a lot of different people working on it. And one of them is Aran Goldstein.

[01:05:23] Aran Goldstein, Professional Chef

I'm the middle child of five, born into a family that just love food. I was always concerned with like, what was for dinner, what dad was going to bring home, or where we might go out to eat on the weekends. My earliest food memories were definitely probably involving eggs, you know, cracking eggs with mom. Every time I crack an egg with my kid, it brings me back to my own relationship with my parents. In the kitchen, food was kind of everything. Being a kid in the 80s and 90s, the problem was what was ubiquitous was just not good for me.

[01:05:57] Male Speaker

When you order a McChicken and large fries, you get a dessert free a cone cookies, pie sundae. All right.

[01:06:03] Aran Goldstein, Professional Chef

There was plenty of McDonald's takeout pizza store bought cookies, the Doritos and the soda and the Gatorade. The candy. After school.

[01:06:12] Male Speaker

You win.

[01:06:13] Aran Goldstein, Professional Chef

I had no filter. I had no guide. That definitely led me down this path of being increasingly overweight and arriving at middle school, and I was over 200 pounds, the pediatrician said I was obese. I kind of started to have that like fat kid role, and I definitely didn't like that. I started to notice men's health magazines. It did get me down this road of paying closer attention to what I was eating. I started to feel good. Food definitely was giving me power. And so late in college, I met this guy that had gone to a culinary school up in Vermont. A week later, I was up there visiting. I knew like, this is what I have to do. I started culinary school at New England Culinary Institute. I met this woman that helped run a culinary school in Tuscany. I attended this school for two months. They set you up in different stages, different restaurants. In Italy. I worked in three different places. They all had a Michelin star. I moved to New York. I got a job working as a sous chef. I started teaching cooking, opened this cooking school, and then we were crazy enough to open a restaurant. And that was the chef of that restaurant.

[01:07:27] Aran Goldstein, Professional Chef

But then our son was born. I knew that food was going to be my career, that it was my passion. I was never going to turn my back on that, but I had to figure out a way to still have balance and still be a family guy. The summer of Covid, a friend of mine called me and said, I'm starting this school in the north of Italy in Piemonte, and we're looking for a cook. We're looking for someone to feed the kids. I was a part of this incredible project. I got to feed these kids every day. I got to go to the butcher and I would walk in and there was lung and liver and spleen and meat ready for him to do whatever I wanted with. Feeding these kids and witness certain kids just starting to thrive. I just knew in cooking there early on, like, I want to do this, like this is something I didn't know that it would be invited to open up another program in Texas, but that's where I found myself. Welcome back to the school lunch program. Today's theme is Burrito Bowl. Chipotle's got nothing on this bread, I'm telling you. Ooh, look how nice. This gorgeous veg curry with coconut oil or coconut milk. And a little bit of yellow chili paste.

[01:08:38] Aran Goldstein, Professional Chef

I'm in Austin and I've now been asked to open two more programs after this one. So my approach to the food in these programs is the same as at home. I'm focusing on the main protein. First, add some seasonal produce. Let's get some grains. Yeah. And then let's stop worrying about the rest of the noise.

[01:08:59] Male Speaker

Oh yeah.

[01:09:00] Aran Goldstein, Professional Chef

Keep it simple. But then you dial in your systems. You build those relationships with farms, you stop wasting money on stuff that doesn't offer us any kind of nutrition. I'm essentially offering something to these kids and to these families, something that I just would have loved to have been offered when I was a kid. It's delicious. Mhm.

[01:09:22] Del Bigtree

Well, I know you're sitting here thinking, man, I'd be psyched if I knew that was the school lunch my kids were getting when they were at school. To discuss more about that, how are we going to move into that future? I'm. It's my honor and pleasure to be joined right now by Aran Goldstein.

[01:09:38] Aran Goldstein, Professional Chef

Thank you. It's an honor

[01:09:38] Del Bigtree

It's good having you here. Um, kids food, I think is it's probably never been a larger discussion than it is right now in America with Robert Kennedy Jr. He's just launched his Eat Real Food campaign, which I think is super cool. I know when I was doing some work with Maha early on, um, that's where when we were trying to think about, you know, where would you? If you really want to make America healthy again, where would be the place to start? Where would we get the most bang for our buck, the most impact? And we all just kind of thought, geez, school lunches, you know, um, and you're doing it. So. So what is it about feeding kids? Is it hard? Are they fickle? Are there things that you have to think about that are different than being a chef in a restaurant?

[01:10:24] Aran Goldstein, Professional Chef

Well, let's start by maybe trying a reframe. And we, you know, you open up talking about kids food. And I don't really believe that we should have kids food. I think we should just have food. I think we need to normalize, you know, what food is, right? And create a really healthy example of what that is as parents and in an institutional setting, for sure, and just normalize food, right? So we can reclaim that. And the path forward has got to go through the institutions. It's got to go through schools. So I think it's an amazing place to start, but it's got to also be at the home. You know, this work has got to happen in the home, in the schools, in tandem, hopefully in a community setting where parents are integrated in the school process and back and forth. And I see this playing out across the world, actually. Yeah. Yeah.

[01:11:07] Del Bigtree

So. So how much of this issue is that? I mean, that parents are we not cooking as much? Is society changing? I don't really know. Like we we're pretty good at cooking in our family. My wife cooks, you know, almost every meal makes the lunches that go out the door in the morning. But is that changed? Because I haven't really paid attention to how dramatically, dramatically?

[01:11:32] Aran Goldstein, Professional Chef

Yeah, yeah, I was actually just looking at data just a few days ago. It has just been steadily going down for decades. And interestingly, as we know, where is chronic disease going, you know, in the last number of decades. And I think so much goes back to World War two, you know, pre World War two, there were just so many small farms. Food was more integrated in the community, right? We were making our own food and that's just gone away. And look, we were sold this like we'll make it easier for you by the industries, right? We got you go. You know, to both parents. Go. Go off into the workplace. We got you. And in a way that freed us up in some senses, right? And I think that we've kind of reached this tipping point almost 100 years later where we just we have no other place to go other than back into our own kitchens. And I think that it is the ultimate way we can reclaim our sovereignty. And I also think that beyond that, beyond like that reclamation process, it's the best way that we can get back to living a beautiful life. You know, I think so many of us are yearning for this, right? That's why you see this movement towards homesteads, right? And people looking for properties like wanting to just kind of own this aspect of our lives. I yearn for that. Right? Even though I still have one foot in this real world and I still love being in a city, right? Um, and no matter where we are, even if we live in a city, we can have our kind of micro example of that sovereignty in choosing really carefully and deliberately the food that we're making and especially the food that we're making for our kids.

[01:13:04] Del Bigtree

When we look at I mean, have you studied what the school lunch programs tend to be? I mean, in, you know, now I think what you're on your second or third school starting to open up. Have you ever gone and looked at like public school lunch programs?

[01:13:18] Aran Goldstein, Professional Chef

Well, I witnessed it myself. Okay. I mean, I was a kid going to public school, middle school, seventh and eighth grade. Well, I was packed a lunch, but I would witness what the kids were eating that were getting the, uh, yeah, the free school lunch at my elementary school. And I admit that I often was trading my turkey sandwich that my parents packed for, like the hot dog that I can still remember. You had to rip the plastic off, right? And I can still.

[01:13:42] Del Bigtree

So it's like heated up inside of the plastic.

[01:13:43] Aran Goldstein, Professional Chef

It was delivered from some commissary, you know, in the city. I can still smell like where that that food was delivered to in the, the old, the old elementary school. Like it had that kind of sterile, like hospital kind of food smell, right? Yeah. Um, but it was also kind of like had this lure, right? It was a hot, hot dog versus my kind of boring turkey sandwich. So I get it. So I lived that. I lived in middle school, the middle school outsourced a local pizza chain, and I ate that pizza pretty much every day for two years alongside a Hawaiian punch or some chips or a snicker bar from the vending machine. And that was the period of time where I was really obese, like really overweight.

[01:14:24] Del Bigtree

Yeah, sure. I mean, that would be.

[01:14:25] Aran Goldstein, Professional Chef

Yeah.

[01:14:26] Del Bigtree

Amazing. I remember I had a friend in elementary school. I think we were in third grade who started at 7-Eleven getting a Big Gulp after school. And I mean, he was like a skinny twig of a kid. And I remember just watching him within six months went to completely obese. And the only shift I saw him make was the after school, you know? But it was like the Big Gulp. It got bigger and bigger where it needed the diving board on the side of it. Yeah, but it's amazing. Our kids, when you look at obesity now as such a major issue. Prediabetes, you know, the numbers are just really staggering. I mean, we're we're careening towards half of our kids being overweight or obese. And, you know, Bobby Kennedy keeps saying this isn't a lifestyle issue. This is actually a food. This is a they are being poisoned. Um, so how hard is it? I mean, are you only going to be able to make meals like this? I mean, obviously these look like fairly elite schools. It looks like you got these are private schools. Is there hope for public school systems to change how they're making food? Is it is it expensive? I guess is my question.

[01:15:45] Aran Goldstein, Professional Chef

So that's that's an interesting point. The expense or the cost, right. And I would argue that it's cheaper to just make real simple food, right? You could just serve ground beef with a fruit side or an arugula salad, and you could just literally probably erase so much of this chronic disease just by that one intervention, right? And you don't necessarily need all the bells and whistles, right? And if you look at, I kind of take a step back and almost reframe the whole discussion.

[01:16:11] Del Bigtree

Okay. Yeah.

[01:16:12] Aran Goldstein, Professional Chef

What we're kind of what we need to do is basically rebuild. We need to tear down systems and rebuild. If you just kind of take like zoom out and just like, look down at this amazing earth, right? And look at the systems that we've built the last 100 years. It just doesn't match. Living an amazing life, right? All the fast food restaurants, you walk into a McDonald's, like what is, what is the experience like? It's like you can I can smell the soaps, the chemical soaps in the bathrooms of these places. And I just have this. I just don't want any part of it. Right? For me, for my family. So what does it look like to just go backwards? And I'm not, you know, I'm not going to say that life was necessarily so much easier and so much better in every way. But this piece of it, the slower ritual around a dinner table, walking home, right, or entering a home where somebody's cooking a loving meal, right? And that person knows exactly where that food came from, that it's trustworthy, that it speaks to us, that it has resonance, that it's from members of our community. Like, isn't that isn't that what we want? Like, isn't that living here? Right? Yeah. And I just don't imagine I can't imagine how we can keep on going building a new community. And it's just another row of your chain restaurants and your, you know, that kind of like same boring experience that is now not just in the United States, but now you can grab a Starbucks, right? You can go across the country, you can get on a flight across the world, and then you plop down and there's another Starbucks when you land, right?

[01:17:48] Del Bigtree

I know, it's amazing.

[01:17:49] Aran Goldstein, Professional Chef

I don't want a world that way. Right. And so how do we reclaim it? We just go back to real food. Like real food. It is. It is almost absurdly simple, right? But what is real mean?

[01:18:00] Del Bigtree

Well, you set that up. Well, let's look at Robert Kennedy Jr. Just in Austin, Texas. Um, I think a week or so ago, um, on his new Eat Real Food campaign. Let's take a look at this.

[01:18:11] Robert F. Kennedy Jr. US Secretary of Health and Human Services

The big problem now in our country is that everybody's forgotten how to cook. Nobody cooks anymore. And, um, you know what we need to do in our agency and what we're talking about is go out and actually just start teaching people how to cook, how to, how to get. They don't have cutlery, they don't have knives and they don't, they don't have cutting boards. They don't know how to shop. And people have to relearn this. And it's so critical. You know, Jason talked about the spiritual malaise that we have in this country. One of the starting points of that of restoring ourselves spiritually in this country is to start eating together and cooking together again, because that is that is a sacred ritual since the beginning of human history that has brought people together. And we need to we need to start coming together again, and we need to put down the cell phones for a couple of hours and get together for a meal for family meals. And so part of what we're going to do is to really encourage people to start Americans to start cooking again. And if you cook, you can eat a lot cheaper than going to a restaurant. Even the fast food restaurants.

[01:19:25] Del Bigtree

It's quite refreshing. Seems so simple, right? I mean, just like, you know, but it's what you're saying. We've got to go back. I actually found that shocking. I was I was in the room when he said that, that people aren't cooking anymore. They don't even have knives. They don't have cutlery in their house. Um, you know, so we've obviously gotten this sort of fast paced fast food. We're just passing our families by. And also, it's really food is the place where we experience and remember our own cultures, right? Even if we're a multicultural family, the food is sort of how it's expressed. Oh, grandma made this or this is a meal we're really losing touch with where we come from. Isn't that a huge part of what food is?

[01:20:10] Aran Goldstein, Professional Chef

About 100%. And what Bobby just said and hearing him use the word sacred. The sacred rituals, the rites of passage. Yeah, right. You know, the sense of smell is so tied to our memory and our lived experience. And I think about this very often. I remember coming home to my mom before I even opened the door. My mom's inside making dinner. But before I open the door, I can smell the chicken soup that she was so good at making. And when I closed my eyes and I think of that smell, I literally feel like my mom's love, you know? And I will carry that with me to my grave. And I think about that. I'm creating that same experience for my kids. Like, I'll be long gone and they'll grow old and they'll remember what my, what it, what it felt and smelled like in their home. And when I talk about like choosing this, this life and this experience and the texture of this life, like wouldn't we choose that? Like and think about that smell and crafting that experience for our kids and our lineages because then that gets passed on literally through our bloodlines, right? And right now we're kind of in danger of losing that where we're passing down like that opening of the plastic bag, you know? Um, and that more sterile experience that it smells a certain way and that, you know, by the way, that comes along with all the chemical chemical sanitizers in our kitchens and the fragrances and the artificial scents in our candles and things like that, our home no longer smells as it should. It no longer is a human experience, right? That supports life, right?

[01:21:42] Del Bigtree

I remember my mom struggled with cooking. She used to. I think maybe it was the fault of the kids. You know, like, oh, mom. Oh, what is this? We were also, like total, like macrobiotic vegetarian, which I don't think is an easy way to cook, especially for kids. I remember like bulgur wheat. Yeah, I don't know, like tabouli, right. But like, I just like, like I just get a mound of bulgur. I was like, what is this horrible

[01:22:07] Del Bigtree

And I, you know, my and like carob chip cookies made with whole wheat, like I'd go to a bake sale and I'd have a pile of stones that you could not, you could break a tooth on these things. Oh my gosh, it's humiliating.

[01:22:21] Del Bigtree

Every other kid's got an empty plate. And all my stones that I showed up with are still. That didn't make any money for whatever project was in school. But for someone like that, for, I think for, um, parents that have thrown in the towel, too many oohs, too many. Like I just, and they don't feel like they have talent. Yeah, I don't feel like I have talent here. It's just not a joke. I'm busy. What would be your recommendation? Is there a place to start? Instead of reimagining how you see food, how you cook it. Simplify it in some way.

[01:22:56] Aran Goldstein, Professional Chef

Yeah, yeah. I think there's so much overthinking. There's so much overthinking. And I get why too. Like it's so exciting and we could cook anything at any given time, right? And a lot of the beauty of the industrialization, industrialization of the world is that we get to have, you know, olive oil from Italy or Greece or, you know, soy sauce from Japan. And it's right there. It can be overwhelming. Like, I could be making all this amazing.

[01:23:20] Del Bigtree

It was easier if you didn't have like, you only have your cultural food. Exactly. And that's, you know, so many options.

[01:23:26] Aran Goldstein, Professional Chef

And that's where we came from. We came from like the small farms, the homesteads or like the neighborhood where there was just these, you know, these ingredients that were regional. But we also interestingly, you know, in the states, I think are an interesting place where we're losing our cultural, you know, ties to our own past, our individual experience that very often is from another part of the world, right? And so a lot of our ancestors came about 100 years ago, maybe, or in the last number of decades, and we've kind of been assimilated and into a new world. And so no longer are we like learning grandma or grandpa or, you know, their rituals and their recipes. And so now we're kind of lost and we're, we're kind of like trying to figure this out, right? And we're going to have to turn to what Bobby's mentioning. We're going to have to turn to somebody for these skills, right? But if parents are standing here today and they don't have these skills, what are you going to do? Yeah. Like we, we better reclaim them now. And that's where that's my life's passion is, you know, setting people up for success, setting parents up for success, having them realize that get a sharp knife, get a cutting board, grab an onion, and you can just go right, learn a few things, learn a few techniques and by the time you're. You find yourself committed to this process. Weeks. Months. Like it just all becomes so intuitive. It really, really does. But we have to have the commitment. We have to start to draw our line in the sand that this is how we want to live. And this is this is the life that my kids deserve. Right, right. And I'm going to show up this way for them. I don't care how hard it is because I signed up for this job, right? To have kids. Yeah, I'm here now. I'm not going to outsource it to somebody that does not care or could not love my kids the way that I do. Yeah.

[01:25:13] Del Bigtree

You know, it's interesting in the back story that we did with you, you had mentioned that you saw an almost immediate change in some of these kids. And, you know, as the school lunches you got involved started giving them these whole foods. What changes are you talking about?

[01:25:30] Aran Goldstein, Professional Chef

I had one parent, after a couple of weeks at the first school in Austin, pulled me aside and said, my kid has had eczema that I have not been able to get rid of for years. And two weeks into that program, she said, it's gone. It's gone. And that's just like, that's one example of many behavioral behavioral stuff, for sure. Yeah. Um, that I keep on getting, I just keep on getting this. And I have just witnessed this with my own kids as well. Um, and is food everything, know, like there's so many emotional components. Of course. Right. Um, which I could get into forever and talk about, you know, the psycho spiritual in our heads and, and the language we use around food with our kids and the energy that we hold around it as being as important as the ingredients themselves. But if we can just remove and clean up and just have real ingredients, you'll find, I think that most of what ails us will just go away.

[01:26:25] Del Bigtree

And certainly seeing that, I know lots of people talking about how food is fixing so many different autoimmune issues, you know, and things like that. When you know, when you came into the school. When when you start, does it take a while to teach kids to eat some of these things? Because I mean, I think parents really struggle. Like, can I get my child to eat vegetables? And we had that issue with our son, my daughter. No problem. She'll eat salad, anything. My son, you know. Yeah. How do you work through those issues, especially on a group level?

[01:26:56] Aran Goldstein, Professional Chef

Yeah. Well, there are a lot of different dynamics. Every kid has a different relationship with food. They're coming from a different household. Certain examples being the parents were vegan when the kid was born, they started vegan. Then the parents kind of started to introduce meat. But the kid had a certain relationship based on how he came into the world, right? Vegetarians, different cultural things, kosher or halal. All of it I've experienced. Right. Yeah. Um, sensory issues with certain kids. My plan is always to go into a school and always has been to create an environment where they don't feel pressure. And I think that we can adopt this at home. Imagine being a kid and sitting down at the table and they feel the pressure to eat something at the table. Would you like that as an adult? Like to go to dinner? You don't even know what's being served. It shows up and you're expected to eat that. And the parents are on the edge of the seat, like, you know, how do you. Is it good? Like, are you going to eat this or the whole you got to eat your vegetables. I don't subscribe to that, you know? I want the environment to feel natural. I want the kids to feel and be sovereign right in those decisions. And so my approach to that is, okay, well, can I at least control the environment in the home where I'm proud to serve all of what enters the home to my kids? Right? So if, for example, my son, like just came in from three hours of bike riding and his body is really hot and he doesn't want a certain food, maybe that I served personally, I always welcome him to like, go into the fridge and have like a bowl of yogurt where sometimes he wants something more cool, right? And I'm happy to do that.

[01:28:29] Aran Goldstein, Professional Chef

And that's not everyone's approach. But this does not come easy. I'm never going to be at the table and like making them try something. You got to eat this. It just feels so wrong and unnatural to me. And I'm definitely not going to reward them eating with dessert, right? I think so much of what we need to break is that rewards punishment, right? Because then it just sets them up to be people pleasers, right? And then, and then what is really going through them, right? Like we want our kids to grow up and know themselves and know their truth, but how are we going to do that if we're if we're constantly creating rewards and punishment as parents? And I think the really interesting playground to do that is at the dinner table.

[01:29:09] Del Bigtree

Yeah. Does it help in a school setting that every kid is seeing that we're all eating the same thing?

[01:29:15] Aran Goldstein, Professional Chef

Is that. Yeah. So going back to the, the, the school setting, there's a lot to be said for the kind of camaraderie, right? And the normalization of what the peers are eating for sure. Um, that's still the, dynamics still play out in interesting ways, right? Because that also opens up to potential negative aspects because we've had kids that were teased, right? Because of certain relationships with with food and certain beliefs, right? But that's an opportunity for a really good school and really good teachers to be able to hold space for those dynamics. Right. And for that conversation. Um, but I have seen, um, in this environment, kids start to feel comfortable with voicing themselves where at first, maybe the first couple of weeks, they don't want to come to say, you know, Chef Aaron, I don't like what you serve today. When I create the environment of, hey, you don't like something, you come to me. I can always make you some eggs. I can always go into the fridge and see what we've got some raw cheese. We've got some fruit. Right. And that is always welcome. And so that is also then practicing their voice, speaking up, being okay with disappointing someone and saying, right, I don't like that. Right. That, I think is a really powerful opportunity.

[01:30:30] Del Bigtree

Well very cool. I know I tasked you with the idea of, could you turn this studio into a kitchen of some sort? And I think one of the things is just how simple can we make this? And so you're going to show us how to make a meal in one pan. Is that right?

[01:30:45] Aran Goldstein, Professional Chef

One pan. I think we can do it for under ten minutes too.

[01:30:48] Del Bigtree

Let's do that. Let's do it. All right. All right. What have we got here? Cooking some meats and vegetables looks pretty simple.

[01:31:01] Aran Goldstein, Professional Chef

Oh, there's an apron.

[01:31:02] Del Bigtree

Great. What are we making today?

[01:31:06] Aran Goldstein, Professional Chef

Alright. We're gonna do a delicious steak lettuce wrap.

[01:31:09] Del Bigtree

Something I have never done at my house. Actually, it's funny, now that you mention it, I order like, I'll get a burger. No bun. Can you put it in a lettuce wrap? But I don't actually do lettuce wraps at home. It's funny. I don't know why. So okay.

[01:31:22] Aran Goldstein, Professional Chef

This is one of my go to's, right? This is the kind of meal that you can make on a Wednesday night. You don't even have a plan, but you got some meat, you got some veg, you got some stuff that you know is from the pantry.

[01:31:31] Del Bigtree

And you can do it. Just one.

[01:31:32] Aran Goldstein, Professional Chef

Just one pan.

[01:31:33] Del Bigtree

The meat and the vegetables.

[01:31:34] Aran Goldstein, Professional Chef

The meat and the vegetables. We have sauce. We'll have a nice platter of we're going to do lettuce wraps, fresh herbs, kind of inspired by like kind of Vietnamese Thai. I love like yummy sauces full of salt, sweet umami, dynamic flavors, optional chilies for the adults. Okay. Or maybe the older kids just get to it. Alright, alright, so let's get a pan hot first. Alright. Very often, even when I don't know what to do, I'm like, I better get a pan going. Okay. Get it hot. Right. Sometimes that's boiling water.

[01:32:00] Del Bigtree

Even now, like I grew up, everything was like always medium. Mom was like, just put it at medium, put it at medium. Now that I'm getting older, chef's like, no, no, no super hot pan searing. Like is there a yeah, is there a set of rules?

[01:32:14] Aran Goldstein, Professional Chef

You know. It's it depends. There's a lot of depends there. Okay. Right. Um, with this one with steak and this lean cut in particular. So there are actually a couple different cuts here. We got a flank and we've got an eye round, right? Okay. They're both pretty lean actually, especially the eye round. I like to get a nice aggressive sear. Get some color on here. Especially their thin steaks. If it's not hot right, it's going to overcook and be gray. You know what I mean.

[01:32:37] Del Bigtree

So actually having lower heat makes it cook more through. Is that it?

[01:32:42] Aran Goldstein, Professional Chef

Is that no like the lower heat. We're not going to get nice color on it. And it's going to kind of be like that slow, boring heat and it's not going to get good caramelization. Okay. Less delicious.

[01:32:51] Del Bigtree

Caramelized mean for someone.

[01:32:52] Aran Goldstein, Professional Chef

Like that. Imagine like like a commercial for like A1 steak sauce and like that beautiful, shiny, like, yeah, the grill marks and like that, that kind of where the meat changes and starts to glisten and get that nice mahogany. That's what we're going for. Okay, but let's get cooking here. All right, so we got some beef tallow then. Look at this in good for high heat cooking. All right. If I'm not using beef tallow.

[01:33:14] Del Bigtree

Do you get beef tallow at grocery stores now I haven't really.

[01:33:17] Aran Goldstein, Professional Chef

You can even. Yeah. Grocery stores. And you're seeing actually the potato chip world. Catch on. Yeah. And now I'm seeing it everywhere. Yeah. All right. So let's get a little bit. Not too, too much. You don't need too much, right?

[01:33:29] Del Bigtree

Yeah.

[01:33:29] Aran Goldstein, Professional Chef

Stainless steel pan. This is going to smoke a little bit. Let's get this out of here. Great. I'm going to turn this down a little bit because this this pan actually heats up pretty hot. This burner. Right? Right. But first we got to actually season this meat. Okay. Okay. I'm gonna use my tongs because we're without a sink here. I'm going to season pretty liberally. I'm going to use this thin part of the flank. The flank is a much bigger cut. Right.

[01:33:54] Del Bigtree

Okay.

[01:33:56] Aran Goldstein, Professional Chef

Season from above.

[01:33:57] Del Bigtree

Was that salt? Was that.

[01:33:58] Aran Goldstein, Professional Chef

Pepper? This is just salt. Real salt. Okay. Okay. And then into the pan we go. You always, by the way, especially if you're doing a steak, you're going to want to go away. Okay, so you're not splattering, especially if the kids are around. Okay, so that's going you can hear that sizzle. So in terms of that one pan idea, we're just going to build the veg. And there's space in here right. Of course you know scale up if you've got a bigger family, a bigger pan. But you can also just throw the grill on, you know, and have the have the steak going on the grill. But just for the sake of it, since we're going to do lettuce wraps and I want to contain basically these little bundles. Yeah, I'm going to cook these, cut these asparagus on a little bias, right? Like that. And I'm just going to get them right in there.

[01:34:38] Del Bigtree

I always steam my asparagus. I'm always afraid I can't get it all the way cooked through when it's in a pan.

[01:34:44] Aran Goldstein, Professional Chef

Yeah, you totally could. I mean this these are just popping now. Yeah. These are like the first local asparagus. So they're gonna easily get tender. Okay. Um, and also you can eat these raw, you know. That's true. I like a nice little bite over cook asparagus. Yeah, not so much. Okay. All right. So veg cooking meets cooking. Let's build a sauce. All right, so we got this. We got fish sauce.

[01:35:08] Del Bigtree

My daughter's a sauce freak. Me too. And vinegar like she just likes like things like that.

[01:35:14] Aran Goldstein, Professional Chef

We got both of these things. So. Okay, let's see this. This is the fish sauce, right? This is good.

[01:35:19] Del Bigtree

What is fish sauce mean? I never use it.

[01:35:21] Aran Goldstein, Professional Chef

So this is this is from like salted and fermented and pressed anchovies, basically. They also use squid. Um, we're gonna get some. This is sherry vinegar. Okay. Could also be lemon lime, lemon juice vinegar, apple cider vinegar. And this is coconut aminos. Okay. Basically the really beautiful natural sweet coconut sap. Okay, I'm gonna get these out of here. Just get more rum. So from here, I'm gonna keep an eye because I know this steak is gonna cook pretty fast. Yep. And we can come back to the sauce in a second. I'm going to just check and see our colors. See that beautiful color? Yeah. And and a steak. This light, actually, because it's not so heavy. You might want to press down just to get that nice surface area in contact. I do this also with fish. If you ever see like fish wants to kind of curl up when it hits the pan, you want to press it just a little bit. Okay. All right. So those are cooking. By the way, what did I forget to do? I forgot to season my asparagus. All right, a little salt. Okay, so that's going. Let's get some other fun stuff in. Do you want to cut some of this guys?

[01:36:22] Del Bigtree

Sure. Yeah.

[01:36:23] Aran Goldstein, Professional Chef

So also on a bias, I like to cut them in half just to kind of speed things up. And then I line them up. And when I say a bias, I just mean an angle. It just kind of looks really nice. Nice thin slices. And we can use some for garnish. We can use some for our sauce. I'm just going to pop some here. That's going to look really nice.

[01:36:44] Del Bigtree

Let's throw that in there too.

[01:36:45] Aran Goldstein, Professional Chef

Yep. That can go right in there. Okay that'll be enough here. Great. I'm gonna get some ginger. Nice knob of ginger. And just to show the folks at home before it's going to move, this asparagus are getting kind of charred. I'm going to flip this. Yeah. There we go.

[01:37:01] Del Bigtree

Nice.

[01:37:02] Aran Goldstein, Professional Chef

All right, so when I'm approaching Ginger at home, I like to use this bird's beak knife has just gives you really beautiful dexterity just how quickly you can deal with this. Some people like to use. I'm going to save this piece right there, the back of the spoon to kind of peel away. You can do that too. By the way.

[01:37:21] Del Bigtree

Okay.

[01:37:21] Aran Goldstein, Professional Chef

But I find that having this little knife, this is kind of like I think of my grandma. She was always cutting with a paring knife towards herself. Peeling potatoes like that. And look how nicely you can clean up the ginger. So ginger, keeping an eye on our food there. I'm going to do a nice julienne here. Okay, so I'm going to take my time. We don't need a ton for that amount.

[01:37:45] Del Bigtree

Yeah.

[01:37:46] Aran Goldstein, Professional Chef

And then I'm going to line up. And this is a theme that I also I often teach, right? Like in my Substack community, knife skills. Talk about making life easier on yourself. If you're adept with a knife and you're quick and things don't seem hard. It's just going to be easier to make dinner happen, right? Yeah. Line those up and look how beautiful we can get.

[01:38:04] Del Bigtree

Smells delicious. By the way. There's something. About ginger. Just, I always forget I don't cook it enough because when I when you come out, you're like, oh, my God. And look how pretty.

[01:38:14] Aran Goldstein, Professional Chef

Yeah, look how pretty right in there. Yeah. So one thing we forgot. Do you want to squeeze some honey in there while I check? Sure.

[01:38:20] Del Bigtree

What are we thinking? Teaspoon. Tablespoon.

[01:38:22] Aran Goldstein, Professional Chef

Yeah. It's good. Local raw honey. So for me, that's good stuff. Okay, so I personally want to get the asparagus out of here. And I've got actually some good clean water. I'm gonna just slow down the cooking a little bit in my asparagus, okay? Because I'm with you. I don't want too much char. All right, I'm actually gonna get those out right here, and I'm going to show you something fun because our stake is basically done. And look how quick that is. Yeah. Okay.

[01:38:53] Del Bigtree

Yeah, that was literally right before.

[01:38:55] Aran Goldstein, Professional Chef

Yeah. So I'm gonna put this aside for later. Beautiful chart. Look how you can still see that there's some crispness, but some nice color. So even though this is kind of east meets West, right? I'm gonna hit some garlic in the paper. In the clove, right? Okay, I'm gonna hit this right here. Some fresh time. It's going to make sense with this dish, I promise. And then some beautiful local butter and a good amount of it.

[01:39:22] Del Bigtree

All right.

[01:39:23] Aran Goldstein, Professional Chef

I think it's a misconception that we should be watching our butter intake. I'm telling you like I always feel great. I always feel satiated. And I love feeding my kids butter. Yeah. It just feels right to me.

[01:39:35] Del Bigtree

Okay, I love it. Talk me into butter.

[01:39:37] Aran Goldstein, Professional Chef

So you can listen to that pop and wait until the aromatics hit. And so then we're just going to baste our garlicky time. Now. Time butter basically. All right. And you could treat.

[01:39:51] Del Bigtree

That garlic even with the paper still like it's just it's still putting flavor in.

[01:39:56] Aran Goldstein, Professional Chef

It's to infuse that smell. Just because we likely we just, we just slightly smashed it. Right. And that beautiful foaming butter. Okay, so that's enough of that. You can just smell delicious.

[01:40:08] Del Bigtree

Yeah.

[01:40:08] Aran Goldstein, Professional Chef

Next level. Okay, so then what I like to do for resting stake here.

[01:40:13] Del Bigtree

Yeah. This is fun. It's going to smell like home for the next couple of weeks.

[01:40:16] Aran Goldstein, Professional Chef

So this this is a very thin stake, right? So this is probably this is going to cook fast, especially this one, which I don't mind too with flank. Usually there's that thinner.

[01:40:24] Del Bigtree

Is that a cheaper cut. Because I know one of the things that like meat can be very expensive. It can be.

[01:40:29] Aran Goldstein, Professional Chef

So flank even though it's I think a luxurious cut. It's on the on the lower lower price per pound rate than way, way less than say a ribeye or a New York strip. Right. The other example that.

[01:40:40] Del Bigtree

My wife likes my daughter, they like the tenderloin. No fat. My son and I like rib eye. Yeah. Where is this at in terms of thinking like.

[01:40:49] Aran Goldstein, Professional Chef

This is a crowd pleaser because it's got enough fat and flavor that it's going to please the ribeye lovers, but it's lean enough that I think your daughter loves tenderloin is going to love it too. Okay, so I like to rest it like this on a rack if you can, you know? Yeah, maybe that allows the air circulation. So the bottom's not going to, you know, overcook. Right. One thing we forgot that I did want to show is a quick garlic paste that we're going to add to our sauce. Okay, so we've got our meat. We don't need this butter anymore. And I wanted to show this because it really bleeds nicely into this sauce. Okay, so I smashed that garlic, hit it with a little of the sauce, right? And then I'm just going to mash that garlic into the pan and it's going to really bleed in beautifully. And you're actually.

[01:41:32] Del Bigtree

Little salt and garlic is what that is.

[01:41:34] Aran Goldstein, Professional Chef

And by salting it it's going to mellow out. Even though it's going into a salty sauce, it's going to mellow out the kind of astringency of that garlic, right? Okay, so in there and it's also just going to kind of melt in there. So we're going to whisk that up. We got our honey in there. We got our vinegar. We got our coconut aminos, which is also sweet and our fish sauce. And that's good to go. Optionally you could add chilies in here. That's what I would do. But I think we should do them on the side. But there's actually one more thing that I want to show you now that I'm looking at. Shallots. I think shallots are so underused and I love cookies. Yeah, they're just like, so good. There's an elegance to shallots that I just love. And I love making dishes and showing the rings. There's something about seeing the rings in a dish that is just like, look at, look at how that pop in there. Like it's so pretty. And a lot of this, you know, creating beauty for our kids and for our families.

[01:42:30] Del Bigtree

Lemons here.

[01:42:30] Aran Goldstein, Professional Chef

Yeah. Let's do lemon too.

[01:42:31] Del Bigtree

Okay.

[01:42:32] Aran Goldstein, Professional Chef

Let's do lemon too. And this is where you see we're just playing in here. Yeah. If you want to maybe juice one half a lemon in here.

[01:42:37] Del Bigtree

Sure.

[01:42:39] Aran Goldstein, Professional Chef

Yeah. And that's it. Look how pretty. I like that on our lettuce wraps. Is going to be amazing. All right, let's get our lettuce wrapped. Oh, perfect. Let's eat. I'm getting hungry.

[01:42:49] Del Bigtree

I'm starving. You got me on a perfect day. All right, I need this morning.

[01:42:53] Aran Goldstein, Professional Chef

Check out this array. All right. And this is how I love to set up meals for my kids. All right, but there's a couple more garnishes I want to do. I'm gonna put my sauce aside. Okay. Steak's there. Asparagus, carrots, carrots are Parrots really pop beautifully. So I'm going to quickly peel this carrot. I want to show you how quickly we can julienne. Not that we're rushing here, but I want you to be able to do things quickly. You know, not that we have to. All right, let's get this guy. Get each end off. And it doesn't have to be a perfect julienne. But again, I like to come back to that bias and do nice thin cuts like this. Okay. And then you can just line up those cuts. Rustically. It doesn't have to be perfect, right?

[01:43:34] Del Bigtree

Like I see all this color does this. Is this part of it? Does kids need more colors? Does it matter?

[01:43:41] Aran Goldstein, Professional Chef

I mean, who doesn't love more color in their life, right? Yeah. And who doesn't love to sit down at a table to add a table with all this? Just like beauty. It's beauty. Literally. Right? Yeah. So here's our gorgeous carrot. Look how nice. And we'll just add that to our pile and we'll explain what's going on here. We'll just have this. I personally don't find it hard to live without spicy.

[01:44:03] Del Bigtree

Okay.

[01:44:04] Aran Goldstein, Professional Chef

Spicy red chili. Do you like spicy?

[01:44:07] Del Bigtree

Somewhat. I'm medium spicy person. I don't use a lot. My wife's Mrs. Mild. She needs everything. All right, so the pepper goes on last on my plate if it's going to happen at all. Now, what about, like, always with peppers? Seeds?

[01:44:20] Aran Goldstein, Professional Chef

No seeds are going to be spicier. Yeah. Okay. If you want a de-seed and take out the inside it's not going to be as spicy. Yeah. So sometimes, you know, we can, we can just stop there for you. Okay. All right. So that lastly, I'll put these near the carrots. All right. So a very often set up and I'll have you know, very often I'll ferment peppers and I'll have that in a ball jar separately. So that's just like.

[01:44:40] Del Bigtree

What's that process?

[01:44:41] Aran Goldstein, Professional Chef

Just salt it. It's a certain salt ratio, basically brine and then a certain length of time at room temperature, roughly until it starts to break down lactose ferment. And it tastes amazing. Really good beneficial bacteria in our guts. Okay, so lastly, mango, I love playing with fruit for my kids love it and they love it and it's delicious and fun and nourishing. So I'm going to peel just a piece of this mango so we can get started. All right. And this is also just going to make so much sense. We don't need all of it. With this bite. Okay so I'm going to kind of set up again just a little. This is just as an example, a julienne of the mango. And you'll see why this is going to be a great addition. Okay, so we've got some nice thin mango slices. Let's set this up. And then the last seat. These are.

[01:45:31] Del Bigtree

I think like you have a few things that are sweet here. And the kids must love that. Just a little bit of sweetness I would imagine.

[01:45:37] Aran Goldstein, Professional Chef

So in my experience, all these years cooking for kids, my own kids, kids in the school setting, they gravitate towards the meat and the fruit, always right? And certain veggies like cucumbers, they all like cucumbers for the most part. And so I ride with that and honor it. Okay. All right, so all we need to do is cut our stake and then we're going to build a couple of these. Let me get this out of the way just so we can kind of focus, right? So this is a nice one to practice this flank steak because we can see. You ever hear cutting against the grain?

[01:46:09] Del Bigtree

I have heard that. I can definitely see the grain.

[01:46:11] Aran Goldstein, Professional Chef

You can see the grain. So this is a great one to practice, right. So against it means like this, not with it. If we had to cut it, like if we cut it like this, it's going to be long. Kind of chewy strands, right? Okay. We want to go against it to kind of shorten those. So it's easier on our teeth and it's an easier bite, right? It's just more pleasant. So we're going to slice this. We got this beautiful oh salivating. We'll do nice thin slices. We got gorgeous pink. We did a good job there. Yeah. So there's our medium. And of course you know if you like more rare if you like more. Well done Rye with it. You can see how juicy this steak is. Okay, so I'm going to line this up. I'm going to put this great actually I'm going to use this right here and just put the steak right back in it and let it kind of hang out in those juices. Yeah. You know, optionally we could do finishing salt if we weren't, if we didn't have such a salty, delicious dressing. But like this is going to be gorgeous. So this is what dinner could look like for our families. And look how quickly we put that together. And who doesn't want to come to a dinner table and dive into this? All right, so this is what I love to do. So we've got the the butter lettuce. Radicchio is fun. It's also super colorful. A little more bitter. Definitely a lot more bitter. Cilantro, mint scallions. We got our carrots. We got our chilies always sauerkrauts and ferments in my fridge, either homemade or store bought. There's some really great companies doing awesome stuff that good bacteria, good for the gut. Really delicious. Like really, really delicious. Right? So pickles and two different Bobby.

[01:47:43] Del Bigtree

Bobby's like only eating steak and ferments right now. Yeah.

[01:47:46] Aran Goldstein, Professional Chef

So good. I mean, so, so good. Yeah. So if you want, we can play around with we can use this for steak. And here's what I say we do. Okay. Got it. Nice lettuce wrap. We'll do a build our own. Here's one for you. We'll slide this over. Yeah, the little one here. You can use that for the sake. And then we can just use our hands. Totally. This is what my kids are going to be doing.

[01:48:08] Del Bigtree

You know that little piece right there?

[01:48:09] Aran Goldstein, Professional Chef

All right, we got that. I'm going to grab some steak, too. I like to just pick it up like it's a taco. You can even get this too. I'm going in for a couple of chili.

[01:48:20] Del Bigtree

I can already I feel like a kid right now. Like making it. I bet you they love the hands on like little food.

[01:48:26] Aran Goldstein, Professional Chef

Scallions.

[01:48:27] Del Bigtree

Taco.

[01:48:28] Aran Goldstein, Professional Chef

The basil for me makes it like to me, it's like.

[01:48:33] Del Bigtree

A big cilantro fan.

[01:48:34] Aran Goldstein, Professional Chef

Same, same.

[01:48:35] Del Bigtree

How fresh it is.

[01:48:37] Aran Goldstein, Professional Chef

And then mint I think is also just so underappreciated. And it grows like literally like crazy grows too easily. And then we got our saw. Oh, we got our asparagus.

[01:48:47] Del Bigtree

Oh, yeah.

[01:48:48] Aran Goldstein, Professional Chef

A little bit of asparagus. And this is like, can I write you up a little?

[01:48:51] Del Bigtree

Perfect.

[01:48:52] Aran Goldstein, Professional Chef

And then I'll leave it to you to source as you see fit. But you know, at home, you could even, like, make these, like, little tacos and dip in the sauce.

[01:49:01] Del Bigtree

Yeah.

[01:49:02] Aran Goldstein, Professional Chef

But then you got this gorgeous.

[01:49:03] Del Bigtree

I'm gonna get the sauce. Got it. Oh, okay.

[01:49:09] Aran Goldstein, Professional Chef

Ready?

[01:49:10] Del Bigtree

All right, let's do it. Cheers. Cheers.

[01:49:13] Aran Goldstein, Professional Chef

Mhm.

[01:49:15] Del Bigtree

Oh, man, that was delicious.

[01:49:19] Aran Goldstein, Professional Chef

So fresh and crunchy.

[01:49:21] Del Bigtree

I'm gonna do this tonight at home. Tangy. Sweet. Salty.

[01:49:26] Aran Goldstein, Professional Chef

And that's it. Like. And then you just go in for more rounds. I can't tell you how many different meals we could make like this, right? Yeah, it could be taco night, and we just do the same thing, right? It could be kind of an Italian antipasti night. We've got marinated peppers and you've got some meat or some meat. Like I love the idea of family style for our kids. So they feel just like autonomous. They feel a part of it. And it's just fun, you know?

[01:49:49] Del Bigtree

Oh, it's really amazing. Aaron, thank you so much. I'm going to I'm going to **make up another one of these**, But for those of you out there, um, we're going to have a lot more fun with this show, right? Don't you love the cooking? I think we can do more things like this. But look, you want your friends watching the show. You want to have them share in all the information that you're getting here. The best way to do that is to start a conversation, like on your chest or on your hat. This is how we Highwire.

[01:50:15] Male Speaker

Good evening. On to the Highwire.

[01:50:23] Lee Bigtree

We asked and you delivered, showing us how you Highwire.

[01:50:28] Female Speaker

This is how we Highwire.

[01:50:29] Female Speaker

This is how we Highwire.

[01:50:31] Lee Bigtree

Team Highwire is being repped from all over the world.

[01:50:35] Female Speaker

Sporting our new Highwire gear in the free State of Florida.

[01:50:38] Male Speaker

When I wear this cap makes me feel proud.

[01:50:40] Female Speaker

I am a doula and childbirth educator and I love wearing my Get Factsinated T-shirt.

[01:50:46] Lee Bigtree

Sometimes it's not just what you wear, it's who you meet while wearing it.

[01:50:50] Female Speaker

When I was wearing this shirt yesterday, a tourist came up to me and said, love that shirt.

[01:50:54] Male Speaker

Since 2020, when I woke up from The Matrix, I've been talking to neighbors, connecting with local groups.

[01:51:00] Female Speaker

There are a lot of people that are a little bit hesitant about approaching the topic of vaccination, and this wearing this shirt allows them to approach me, and I know exactly where to send them.

[01:51:10] Lee Bigtree

Whether you're dropping the kids at school or marching in rallies across the globe. We see your dedication, we feel your support. And now it's easier than ever to join the movement because we're having our biggest sale yet. We want to see millions of truth tellers show in the world how they high wire. Head to Thehighwire.shop to support our mission and stock up on gear for the whole family.

[01:51:34] Female Speaker

Thank you so much. Keep it up.

[01:51:36] Male Speaker

Thank you for spreading truth.

[01:51:38] Female Speaker

We love you guys. Thanks for what you do.

[01:51:43] Del Bigtree

All right. Well, a perfect opportunity to use that gear would be coming up on April 27th. We're going to keep talking about the people versus poison. This is going to be outside the Supreme Court in Washington, D.C., where they will be having the official hearing on whether to give liability protection to one of the worst poisons sprayed on 80 or 90% of our crops in America, if that matters to you. I hope maybe you'll make the trip to Washington, D.C. should be a really beautiful time of year to be there. And of course, we'll be broadcasting it on The HighWire, too. For those of you that can't make it. But I really think that that event, this is one of those opportunities. I think that we can get out of this politicization that's going on. This crosses, you know, all, you know, all political spectrums. I don't think anyone really wants to see liability protection. Even the polls show that about vaccines. Can you imagine where we're at when we talk about herbicides and pesticides sprayed on our crops? We should have the right to sue if those things are poisoning us. And we should have, you know, have a force, a market force that tells, you know, those people making those products to make a better product, make one that doesn't poison us. What are we talking about here? So anyway, this might be a really great way to reach out to, you know. Your friends and family like I have there. You know, back on the, the environmental left side that many of us came from, we could reach across the aisle and say, hey, let's do this together.

[01:53:01] Del Bigtree

I think we can agree on this, right? Why don't we all go march together? Um, I think it's really time to sort of pull down the political rhetoric and get down to what's affecting our lives. You know, we're all human beings. We're brothers and sisters on this planet. Um, and let's try to, you know, find commonality wherever we can. Anyway, what a great meal. I hope you enjoyed that segment with Aaron. Aaron, thanks for joining us today. And then of course, really this is just about expanding your horizon. Think about everything we're doing, taking time to eat, taking time with your family. I love that statement that Robert Kennedy is making. It affected me even even running around. And we're pretty good at having a meal. But it is it's one of the most important things we'll ever do for those few years. Your children are in your home. Don't you want them to have memories of good home cooked meal with her mom or dad makes her. Maybe the whole family makes it together, but it's such a great time to hear what's going on in their lives. Have conversations about what maybe what they're seeing in the world. We're passing each other, not thinking they must be being affected by all that's happening in the news, too. So, um, make make that meal important in your life. I think it's a huge part of, of our experience on this earth and, uh, have some great meals this week and I'll see you next week on The HighWire.

END OF TRANSCRIPT