10 Sneaky Toxins Stealing Your Energy Transcript

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Introduction to Energy-Draining Toxins

Welcome to today's fresh new lineup of speakers on the mitochondrial energy summit. I'm your host, Laura Frontiero. And today, I'm going to do a quick talk on the ten most common toxins stealing your energy.

Now, we have several experts talking about toxins on this summit. So be sure to watch all the talks, especially the ones about mold, heavy metals, glyphosate, personal hygiene products and food.

And since you're here watching this summit, then I know that you find yourself feeling drained or tired, or even though you might be getting enough sleep, eating right, exercising and keeping your stress levels low, you still might feel tired.

And that's the frustrating thing, because the cause of being tired might be something invisible and hidden in your environment. So there are a lot of toxins out there and there are ten common ones that are probably inside of your body right now and they are contributing to feeling tired all the time.

But don't worry, because we have lots of information for you on this summit and I've got your back in this video. I'm going to share with you how to recognize and eliminate these toxins so you can start feeling like yourself again.

So here's the thing. Even if you're doing all the right things, toxins are everywhere. And like I just mentioned, they're invisible and they're also very harmful, causing serious damage to your body's cells, mitochondria, your organs.

And not only can they cause fatigue, but they can also lead to all kinds of other symptoms like brain fogginess, respiratory problems and tons of other health issues.

Heavy Metals and Pesticides

So let's take a closer look at the ten most common toxins that very likely could be contributing to your symptoms and how you feel right now in this moment.

So the first on our list here is heavy metals. And these are things like lead and mercury and cadmium, aluminum and exposure to these metals really does contribute quite a bit to nervous system symptoms like headaches and fatigue, even muscle weakness.

And you're exposed to metals through a whole host of ways food, air, water. And we do have a wonderful talk from Wendy Meyers on this summit covering metals and how to get rid of them.

So be sure to check out that talk. Next up is pesticides and herbicides. They're used on produce, obviously for growing and they can make you feel completely wiped out and sluggish.

In fact, the use of the herbicide glyphosate is actually at an all time high. Actually, I asked Stephanie Sun off when I did her interview, do you say it glyphosate or glyphosate?

And she said it's glyphosate. So if you've ever wondered how to say it, it's glyphosate. But anyway, glyphosate use and levels are at an all time high, even though it's been connected with cancer and proven to cause leaky gut and cellular dysfunction.

Wipes out your mitochondria. Even though we know that and there's even a famous court case of someone winning against glyphosate manufacturer Monsanto for being a contributor to this person's cancer.

And even though we know that farmers keep using it because the government keeps approving it. So catch the talk that I do with Dr. Stephanie Sarnoff. She's one of the leading authorities on glyphosate, and she's here on the summit with a special talk for you.

And she also talks about another toxin called deuterium. So make sure you catch that. Okay. Number three, is air pollution a super common toxin? Obviously, we're breathing air all day long and the air we breathe is filled with toxins like aluminum and other heavy metals.

Surprisingly, believe it or not, we breathe in a lot of our metals. Also toxins like carbon monoxide and nitrogen oxides that cause respiratory problems and fatigue.

So if you don't already have an air purifier in your home, this would be a great next step to help you and your family reduce toxin exposures. So, you know, there's several great air purifiers on the market.

My favorite is American Made Austin Air. That's Austin like the city in Texas. And it's I like it because it's a metal unit and it doesn't need filter changes very often.

So it's not off gassing plastics and it saves you money in the long run because filters are long lasting on this one. Now, it's much different than the air doctor, which is made of plastic, also made in China and needs a lot of frequent filter changes.

So Austin Air is the one I love. Okay, number four is food.

Air Pollution and Food Additives

So food additives like artificial colors and flavors and sweeteners, they're often found in pre-made foods that can really disrupt your energy level. And I'm talking way beyond fast food drive thrus here.

I know if you're watching this summit, it's unlikely that there is very much fast food, drive thru food in your life. And I bet you gave it up a long time ago if you used to eat fast food.

Well, disclosure, I was a Taco Bell junkie at one point in my college life. I used to work late at night in a bar, and I'd get off at 132 in the morning and go through the Taco Bell drive thru while I was starving because it was open.

So, you know, that took a long time to break, but thankfully I did. So what I want to highlight here, though, is not the fast food, because chances are you aren't eating that anymore, but it's the prepared convenience foods that are sold in what I would call healthy places like restaurants that advertise, you know, farm to table fresh or health food stores that sell ready made meals.

So look at the labels. Chances are if you're obviously you can't look at a label in a restaurant, but you can ask questions. But when you're in the store, you can look at the label and you want to look for preservatives and colorings and soy and sugar and seed oils and all these additives.

And unfortunately, some of our big chains here in the US that are very popular for healthy food like Trader Joe's or like Whole Foods or sprouts, you still need to look at labels because they sell foods that are advertised as healthy.

They're really best thing you can do is minimal ingredients if it's already pre-made and that you are, you know, preparing food in its natural form on your own at home and batch cooking and, you know, something along those lines to save time.

And if you have, I can hear the histamine intolerance, people saying I can't batch cook because I have histamine intolerance. And if it's I can't eat leftovers.

Yes, you can. You just have to batch, cook and immediately freeze in portions. So you cook a big batch of soup and or stew or whatever and you batch it into portions, throw it in the freezer immediately, and it stops that growth

of histamine problem in the food.

So you can do it. It just takes some, you know, some setup and organization to be able to do it. I used to do it all the time when I worked in the clinic.

I would take my food with me every single day. Now I work, you know, in a virtual practice from home. And so my kitchen is down the hall, so I don't need to do that.

But when I when I did work for the biggest health maintenance organization, HMO in America, I brought my lunch every day and I would batch, cook and freeze and just pull it out and it would be defrosted by lunchtime and I'd eat it that day.

Okay. So number five is mold mycotoxins, which are a common toxin found in homes and workplaces. This causes a lot of problems, respiratory problems, headaches, fatigue.

In fact, it's a it is. It is, I would say, known, not just theorized or expected, but known that 50% of schools, colleges, hotels, office buildings, stores, restaurants, you know, other public places are also infested with mycotoxins.

Mold and Cleaning Chemicals

So that means that we are working in sick buildings. We're sending our kids off to school in moldy environments. We are living in sick buildings. You know, you think about when kids go back to school, everybody gets sick.

And we think about how, oh, you know, there's just around other kids. That's why they're getting sick. But I would also venture to say that they're back in their moldy classroom that's been closed down all summer, that didn't have the A. C.

on, and that mold went crazy in that building while everything was closed down. And now everybody's picking up respiratory infections when they go back to school in August and September.

So just a thought. We have a great talk from JB and more on mold and mycotoxins, so be sure to listen to that interview on the summit. Okay. Number six is cleaning products and I'm talking things like bleach and ammonia and other chemicals that are toxic and they cause fatigue and headaches and respiratory problems.

In fact, if you look at your laundry soap, your dishwasher soap, your hand soap labels, I bet you can't pronounce or identify most of the ingredients.

Now, I'm a big fan of clean cleaning brands. I like branch basics. I like truly natural. On my website, you can find a link to my trusted partners people who write who, who make products, who I trust.

And those are some good products for cleaning. We use them and my house gets really clean with them, so I'm very happy. Okay, number seven is your personal hygiene products.

I'm talking things like toothpaste and makeup and deodorant and lotion, shampoo, perfume, feminine hygiene products, tampons, maxi pads. All of these things can potentially contain harmful chemicals, and those chemicals leach through your skin and right into your bloodstream.

And then that causes a disruption of your gut microbiome, your mitochondria, your immune system. So on this summit, we have Brian Beasley. He's founder of Purity Woods, and that is a safe, clean USDA organic skin line.

I'm wearing the lotion right now. Today, I use his line of skin products every day and you can find a link to his skin care line on my website. Laura from TerraCom on the Trusted Partner Page, you can also find a clickable link to my website at the bottom of this page where you're viewing the video now.

Good skin care is really important to me because I turned 50 this year or last year at the end of last year, so I didn't

want to do I say this year because I had a big giant birthday party in January, which was 2023.

Personal Care Products and Water Quality

We delayed my birthday party due to Christmas, but it's really important to me because I've always had really great youthful skin and I really want to keep it that way.

I want to keep my skin looking amazing and so high quality, good skin care is important for that vanity metric. I'm not ashamed to say it, but it's also important to me because I know that my skin will absorb literally everything I put on it, and I know that that will go directly to my organs and to my cells and cause me to become tired and set me up for chronic health conditions later on for things like breast cancer and Alzheimer's.

And this is what I want to avoid. So skin care is really important to me. I do take my skin care very seriously. Okay. So number eight and by skin care, I mean oral hygiene.

All my hygiene care, very serious about sourcing good products. Number eight is water. So I want to share that. Water contamination is common and municipal water is not just because it's a municipal water does not mean it's safe.

There's a lot of chemicals and levels of chemicals that are that are okay to be in your municipal water. So the first thing, if you if you're drinking refrigerator filtered water, you're still drinking municipal water.

This is a water filter on your refrigerator is not the same as a water purifier. So the first thing after an air purifier, of course, is a water purifier, which is more important.

They're both pretty important, I would say. But I would say first, get an air get a water purifier, then get an air purifier. So get your water purifier and get this dialed in.

So reverse osmosis, you know, something like a turkey is better than a refrigerator filter. You can distill water and re mineralized it and restructure it.

There's ways to restructure your water. That's what we do in my household. We we distill and then re mineralized and restructure the water. And that is the cleanest, most pure water that we can have because the distiller will get rid of radioactive elements like radon and uranium, whereas reverse osmosis will not always and surely a refrigerator filter will not, and also a Berkey filter will not necessarily get rid of those radioactive elements.

I'm pretty fairly certain on that. So dial in your water because that is where you stop drinking your toxins. Basically, the number nine is volatile organic compounds.

Now this is something that off gases or goes into the environment from your furniture, your flooring, your paint on the walls, your, you know, the mattress you're sleeping on the when you're in your car, your car interior they off gas and you inhale them and sometimes you to feel immediate symptoms.

So if you get into a brand new car and you get a headache, that new car smell that's all organic compounds off gassing if if somebody sprays a perfume and it immediately gives you a headache makes you feel sick that's usually some kind of biopsy or even phthalates in that, you know, I can notice.

So for Christmas, I have to say for Christmas I'm like, damned if I do, damned if I don't. So the real Christmas tree harbors mold. And every year that we bring a real Christmas tree into my house and this is a family tradition for us, a Christmas tree.

When we bring a real Christmas tree in, I suffer from bad allergies, respiratory stuff. And it's mold. It's probably mold in the tree. That's the problem.

I mean, think about it. These Christmas trees are cut, you know, months in advance and go into cold storage and

then you bring them out and they're in your house and mold is already set in and starts to grow or grows in cold storage.

The damned if I do, damned if I don't. Scenario is the artificial Christmas tree that we bring in it off gases, volatile organic compounds. And I can smell it when we pull that tree out of its box.

One year I bought a really beautiful one on sale, you know, after Christmas was over. And even though we've had it for, I don't know, probably ten years, when we pull it out of the box, I can smell the off gassing plastic.

So it's like I can't win unless we just don't have a tree, which is, you know, that makes my husband and my daughter sad.

VOCs and Forever Chemicals

They want their Christmas tree. So it's a real thing. This is why I have air purifiers in my house. Okay, number ten. Member ten is the forever chemicals called PFA.

Now it gets confusing. I'm going to try to make sense of this for you. So PFA is is short for per or poly floral alcohol substances. Now that's a family PFA, this is a family of thousands of human made substances and they're nicknamed the Forever Chemicals.

And the reason is they do not break down in the environment. They've been widely used since the 1940s. So that's a long time we're coming up on we're coming up on 100 years of these being used, believe it or not.

I mean, we're in 2023 right now. It's 83 year, 80 years ish. So it's 1940s is when they showed up. So 80 years we've had these and they are in a whole bunch of our everyday consumer products.

So the reason they're used is because they have a stain repellent and a nonstick benefit, which is why they're in everything. So furniture is sprayed with this rugs and carpets.

So think about when you get this non-state special fancy. DuPont is one of the manufacturers three. M is another manufacturer. But you get this DuPont stain resistant, right.

How how critical is that when you're in your carpet shopping? You know that it's one of the selling points when you're buying carpet, if you've ever carpeted your house.

So think about outdoor gear, you know, for sports and hunting and, you know, outdoor stuff and waterproof clothing. So think about skiing and snowboarding and hunting and, you know, anything that you're doing outside, you want waterproof clothing, paper packaging, food packaging.

And then the famous one that we all know of is cookware. Your pots and pans that are nonstick, it's in your mattress again, it's a, you know, a stain resistant.

It's used in electronics and even in firefighting foams. So in industry, it's also used in metal finishing and plating and hydraulic fluids and some semiconductor manufacturing.

So it's everywhere and it's estimated that every human in a developed country has this in their body. We cannot escape it. So there's two PFA as PFA esses that have been banned or restricted and that's PFOA S and PFOA.

Now those stand for really long chemical names that are very hard to pronounce. But PFOA, PFOS and PFOA have been banned because of their toxic, persistent, bio accumulative effects.

But I will tell you, there's concerns about others on which there's less toxicity evidence available because they've been less studied. So yeah, they're banning these two big ones and they're still using a bunch of others.

Just because we don't have the data on it hasn't been studied. So it's not that it's safe. It probably isn't. So this is a big concern when we turns out that when we ingest them through our diet or water, they can cause some pretty bad health effects and PFOA is a suspected endocrine or hormone disruptor and a possible carcinogen, and PFOA has been linked to fertility problems.

And we have a huge problem with fertility on the rise. And then several PFOA chemicals, especially PFOA, have been linked to increased risk for breast cancer as well.

So again, they're called forever chemicals because they don't break down in the environment. However, we can get them out of your body with proper detox support.

So don't worry, there is hope. So I've covered the top sources of toxins.

Reducing Exposure and Detox Support

Now we all know that these toxins can sound pretty scary. But don't worry, because we can eliminate them from your body and we can boost your energy and we can get you started with feeling better.

So I'll give you a few tips before I end this talk today. So first, I already alluded to some of this, but eat a healthy diet, rich in minimally processed foods that come directly to your plate from the earth.

So with minimal processing. So choose organic produce organic farm meat whenever possible to avoid pesticides, herbicides, hormones, antibiotics, flavorings, dyes, preservatives, you know, all those things.

Second thing is use natural cleaning products that are free from harmful chemicals. I already gave you some tips on that. Third, swap out your personal hygiene products for clean alternatives.

Focus first on the ones that stay in your body all day, like deodorant or makeup or lotion. You know, swap out soap last if you're if it's overwhelming to you because you just you rinse that off your body right away.

But stuff that's on you all day long, make sure you switch that out first and you know, thanks products a fourth. Think about cleaning the air in your home or office or car with an air purifier.

Also, I didn't mention that houseplants will cleanse the air for you. Plus they look nice and they add, you know, decorators touch and then I already mentioned drink your purified water, get off the fridge filter and then swap your toxic cookware and storage containers for clean solution.

So right now, today, go into your kitchen and throw away your plastic storage containers. Those you should definitely get rid of and go for glass. You can get some good options at some big box stores like Costco or, you know, Target or Walmart or wherever you can get housewares, get some glass.

And then the final thing I would say is, you know, consider a detox program that includes supplements and other natural methods to eliminate toxins from your body in a safe and proven manner.

It's best really to have a practitioner help you with this, since there is a right and a wrong way to detox your body. And this is something that many people on the summit specialize in this.

I specialize in this. I'll be teaching some classes even after the summit's over, teaching you how to do this. But if you're feeling tired and you suspect toxins may be a culprit, my message to you today would be, you know, don't wait any longer.

Get in contact with me or the practitioners who are teaching you on this summit. And, you know, for the past few days, you've been learning all kinds of new tools to help you solve your symptoms.

And you're also hearing from experts all over the world who have the ability to help you. So look for the

practitioners who resonate with you and be sure to connect with them afterwards to get the help that you need.

I'll be hosting a Live Easy Energy Reset three week journey in a few weeks. I'll be going live on Zoom with participants each week and we'll be doing a deep dove into toxins, gut health, mitochondria, energy.

It's all wrapped together. It's all important is the energy reset is available for you to purchase when you get your all access pass to the summit. If you already bought your access pass to the summit, but you didn't get easy energy reset because you didn't know if you wanted it.

And now you're thinking, Wow, I'd really like to spend three weeks with Laura. If you want more information on how to get either long term access to the summit or easy energy reset, just email support at Doctor Talk.

Scott. The team will help you get it all sorted out. They'll give you a link to purchase Easy Energy Reset and you can come spend three weeks with me.

Also, stay tuned after the summit finishes airing because I'll be hosting a series of masterclasses to get you more information on your favorite topics from the summit, including how to get functional lab testing, to look for toxins in your body.

Also, how to work with me from nearly anywhere in the world. I have a virtual practice. We do a lot of detoxing people and helping them get more toxins and metals and environmental toxins out of their body.

It's one of the things that I love to do most with people just to see them come back to life and feel so good and have their energy in their brain function.

And what I hear most is I'm back to my hobbies. I'm back to, you know, enjoying my work. I'm spending weekends, enjoying my family and not recovering all the time.

So I look forward to hearing that from you as well. Now you can find me at Laura from TerraCom. There's a clickable link to my website near the bottom of the page where you're watching this video.

And until next time, take good care. Bye now.