Are Your Pots and Pans Adding to Your Toxic Load? Transcript

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Summit Welcome and Mission

Thanks so much for tuning in to the Reversing Alzheimer's Summit 2.0. I'm James Maskell, one of your hosts. One of the goals here at this summit is to make it easier for you to prevent and reverse Alzheimer's or cognitive decline in yourself, and also family members in your community.

Why Cooking Tools Matter for Toxic Load

And one of the best ways that you can do that is to take control of what you eat. And it means you probably going to have to cook more. And by if you're going to cook more, you need to use tools that aren't going to inadvertently increase your toxic load through microplastics.

Most any Teflon pan they are using, you could be getting millions of little pieces of microplastic inside you at any time, and undoing all of the good in, in, eating organic, reducing your toxin burden.

Chefs Foundry Pan Recommendation and Offer

So we have partnered with Chefs Foundry who make these awesome frying pans. This is one of three we got a whole set. We've been using it with me and my family. This is the smaller one.

Makes it really easy to stack. You can, you know, separate it from the handle, but, this is a smaller frying pan. There's bigger ones. We've got a whole set and just found it really useful.

Because ultimately the ceramic coating has no microplastics. And we partnered with Chef Foundry to make it easier for you so you can get 50% off your order.

All you have to do is click on the link below and we'll get some sent out to you. Thanks so much for tuning in and enjoy Chef