Introduction and Dr. Wendie Trubow's Background

Hi, everybody. Welcome back to another session at the Solving Sexual Dysfunction Summit. And we have with us very excited is Dr. Wendie Trubow. Thank you so much, Dr.

Wendie, for being with us today. It's great to be here. Feel free to call me Wendie on this conversation. Awesome. Thank you. So, you know, this topic is really important because nobody realizes what our environment and our exposure to toxins is doing to our bodies.

But before we get into that, how did you get into this field? Have I, I don't know if I've even told you this. So my mess became my message and my mess had to like camel humps.

So the first camel hump all squished into the first 35 years of my life where I had terrible genetics. I was a child of the seventies. So we eat sloppy Joes, child of the eighties.

We had microwave food and plastic, tear up strep throat, ear infections all the time as a kid, pneumonia as a baby. So I wrecked my gut. By the time I'm in my teens, my gut is wrecked.

I don't know this, though. I just know that I can't eat a whole bunch of foods, none of which included gluten. By the way, I was fine, I thought with gluten, but like oranges, terrible stomachache, peppers.

Okay, so fast forward to my twenties. I now have irritable bowel, poor absorption, poor digestion, brain fog. Fast forward to my thirties. I'm a hot mess. I can barely get out of bed.

I get out of bed because I'm the primary breadwinner and if I don't get out of bed, ain't nobody eating. Okay? So I go to work every day, but I'm like, Oh my God.

So my husband was mentoring with a functional medicine doctor. You know, like one of the old guys in Boston. And he said to me, Hey, before our insurance changes, why don't you go see him?

So I went to see him. I literally just delivered our second kid and now I'm really messy because I'm nursing another human and I'm exhausted. I'm like, How am I going to go back to work?

So I have my visit and I'm freaking out. It takes six weeks to get the results. He a huge work up and I can't even wait. I call him on the way to the appointment. I'm like, I can't stand the suspense.

You have to tell me what's wrong? Do I have diabetes? Do I have to check my fingers like I can't do it? Because no, you have you don't have diabetes, you have celiac.

And I said, oh, my my dad has celiac. And he said, Well, it's genetic. You know, you hear the subtext like you're a doctor. You should have figured this out about yourself.

You can't treat yourself. You can't diagnose yourself sometimes. So the first hump completes at age 35, where I get diagnosed with celiac, I'm introduced to functional medicine, I transform my health and then I'm like, I got to do this.

Like I got to do this for other people. It's not enough to just send my husband patients. I have to do this. So I go into functional medicine and and I spend 13 years working on my health like a maniac.

Okay, fast forward. I'm now 48.

How Toxins Affect Sexual Health and Libido

I'm in the throes of perimenopause and it's been pretty kind to me, like I'm not terrible. We come back from this amazing vacation in Paris and I after I come back, not in my vacation, but when I come back, I gained 9 pounds.

My hair is coming out in droves and I have a rash on my eyelids, my nose, my under my chin, and like I couldn't get through the day without kind of like picking out it was so itchy.

And what is it? Every female who gains weight think it's wrong. It's quite true. Thyroid, right? Okay. I have access to the testing. My thyroid is perfect.

And then I'm like, go, I'm 48. It's my my hormones. I check my hormones. My hormones are perfect now. I'm like, this is an okay functional medicine all these starts in the gut.

I'll check my gut. So I do a stool test and it looks pretty darn good, which for me is surprising because I'm a celiac, I've totally like, you know, lots of dysfunction here, but it looks good now I'm stumped.

And then I hear this report on the radio that when Notre Dame burned, it released 500 tons of lead dust into the environment. And the closer you were to Notre Dame, the more exposure you got.

Well, guess when I was in Paris. I was in Paris the week after Notre Dame burned. So then I was like, I have a lead, I have a clue, right? I might be able to unravel this mystery and I test my metals.

And they were 25% higher than previously. And that got my attention. And I was, like I said to my husband, oh, my God, I got it. We all got it. But I'm the sick one from this LED exposure, and that started me on this path.

And then I had already tested micro toxins from a free kit that I got. I had five strains, and then I decided to test the environmental toxins. And I had, I don't know, a whole bunch, you know, gasoline fumes, nail polish, toxins, perchlorate, which is an endocrine disruptor.

I got all this stuff and I look at my husband, I'm like, I'm such a dirty girl, and we're writing that book. So I love that it's all personal, right? And then I'm like, We need to get the message out because I'm the poster child for healthy living.

Betsey Like, like, you know, you've hung out with me. Like, I don't eat anything that's fun. I don't drink alcohol, I exercise, I'm high strung, but I'm not a stress ball like I do everything right.

And I got all these toxins and so everyone else does, too. And I will share that. Before I got diagnosed with celiac, which is the end result of an allergy to gluten, you know, any food can serve as a toxin, too.

So gluten for me was toxic. And before I got diagnosed every month, I was at the gynecologist. Like, I have bacterial vaginosis, I have yeast infection, I have itching.

I am not right south of the border. Right. And when I stopped and transformed my diet and started to fix my gut all south of the border, all those vaginal complaints disappeared.

So, you know, it's personal. It's funny you say that. So I had similar very similar issues. And I think that's part of the reason I became a gynecologist was to fix myself.

I mean, I remember going through yeast infection after yeast infection after bacterial infection and thinking same thing, like, like was it something I was doing wrong?

And like, I almost stopped I pretty much during that time stopped having sex because I thought, well, the sex is causing it. Yeah. And now the sex becomes almost this dysfunctional thing because you're like like you want to stop and enjoy the time with your partner, but in the back of your mind, you really if I do this, I'm going to get a bladder infection or a yeast infection.

Something's going to happen. Yeah. So this is point one. Your vagina is a microcosm of your overall health. So if your vagina is not right, if your libido is not right, it means something.

Like, it's not just like, Oh, I'm getting older or Oh, it's not, it's something's not right. We need to figure it out. That's the, that's the if you care.

Don't remember anything else from this conversation for the people who are listening, remember that if your vagina is not okay, you're not okay. We need. Something's wrong. Let's figure it out.

And this is a good point, too, because a lot of people, when it comes to sex, drive, libido, like people think they kind of take it for granted until it's not happening anymore.

And then there's this while I'm getting older or there's something wrong, my hormones. But really it could be these toxins that people are exposing themselves to that we don't even know we're exposing ourselves to.

Right. It's not like you walk outside and you're like, hit me. You're like, walk outside and you get inadvertently bombarded. You know, it's I call it death by a thousand cuts, because if you live on this earth, you're getting bombarded with toxins.

And most of them, you know, when the painters come and they paint your house and you smell those VOCs, that's obvious. But air and water quality play a role.

And what you're eating plays a role in the toxins in your food. It's all invisible, sick, an invisible pandemic. And so it really does trickle down, right?

If you have inflammation in the system and the system's not okay, your sex drive is going to take and that's not okay. And also, I'm going to mention, too, for I mean, because we have some men here on this summit that this is both men and women, too. Yes.

And actually, for many of us, it's even more important for men, like if you don't wake up with an erection, if you have trouble getting an erection or maintaining an erection or you don't have a good sex drive, that's almost a bigger red flag for men than women.

And not to denigrate women at all, but the mechanics of getting an erection imply that you have healthy blood flow. So if you don't have healthy blood flow, then you don't get an erection.

So if you have trouble getting an erection, it means you have cardiovascular disease, right? Because you have you have blocked arteries. So it's very concerning from a long term health standpoint.

And then if you don't really care if you have sex or not, that's a concern for testosterone, especially for men like women you and I like. We get stressed and it's sex or stress, baby.

You can't have them both. For men, they're like stress. They're like, let's have sex. Right? So but eventually that cortisol still will impact their sex drive.

And so so it's really important if you don't have a sex drive, it means something's going on. And certainly if your relationship isn't intact, you're going to want to fix that.

Common Sources of Environmental Toxins

But if your relationship is intact and your hormones are normal and you don't have a sex drive, there's something going on. We need to we need to evaluate and fix it.

It's a good barometer. Yeah. And, you know, it's kind of tough because we can't get away from these toxins. So what are the things that we need to be concerned about and how do we how do we deal with it?

Okay. So this this starts the horrifying part of the conversation, right? So the preface is Rome wasn't built in a day. You will not transform this in a day.

And you're going to screw it up. So have some compassion for yourself. It's a price. It's a journey. It's not a destination. You're never going to get there.

So the easiest way to think about toxins is to think about what you're putting on your body. That I'm sorry, let me back up what you're putting in your body.

You eat every day. So if you eat food that has herbicides, pesticides, insecticides, you're putting those in your body there. Anything from endocrine disruptors to microbiome disruptors to cancer promoting agents.

Then there's the things we drink. If we drink sugar that disrupts the microbiome. If we add stresses, the adrenals, if we drink alcohol, that's a flat out toxin that stresses the liver.

If we drink from any type of plastic water bottle or plastic bottle, that's an endocrine disruptor that can ultimately throw things off. So the first category is look at like, what are you putting in your mouth?

What's going in there? And try to level up wherever you can. Buy an organic food, convert to glass or ceramic or metal for your drinking your drinking containers or decrease or eliminate alcohol start to chip away at this that's the in category then there's the online category what what do you know if you're female and if you're a male who's into your routine, you've applied 150 chemicals by the time you start your day. Wow.

Crazy, right. And that I mean that's found in newborns cord blood it we cannot get away from it and it's things they're all endocrine disrupting they're phthalates they're they're plastic derivatives they all disrupt are our hormones.

And then there's straight up chemicals, right? If you're buying cosmetics from another country, those are often contaminated with heavy metals. So and I want to go back to the in category.

If you if you use a lot of other Vedic supplements from other countries, those sometimes have had toxins deliberately added to them. They don't do it in the United States, but they used to add heavy metals to aggravate a treatment in other countries.

So you need to be really careful where you're getting your treatments from. So when you look at what you're putting on your body, are your products clean?

You know, are your beauty, your makeup, your shampoo, your conditioner, your hair styling, your hair dye, all of that we absorb through our skin. And then the last category is what's around you?

I'm sitting on this beautiful vegan leather chair. That's what vegan leather is. Plastic. The microphone is plastic. The keyboard is plastic. The mouse is plastic.

I have all these beautiful lights. So I don't look wrinkly. Except those have yams. Right? There's there's lots of ways. Air quality, water quality. Our beds have flame retardants in them.

Our nail polish has chemicals in it. We drive cars that have gasoline. There's just this never ending list of ways we get exposed to things. And we either breathe them, absorb them, eat them, they land on us.

There's a lot of ways that we get it, but it essentially gets into our system and then we need to clean it out. That's how we get exposed. And then we're getting exposed to heavy metals.

That's lead mercury, cadmium, arsenic. These are arsenic, then lead and then mercury are the top three most toxic substances, according to a branch of the CDC.

So that and then the mycotoxins, which are the toxins that mold puts out. And if you're thinking to yourself, well, I don't have mold in my bathroom, cool, that's good.

That's a start. But one out of every two buildings has had water damage. So the statistical probability of you not living in working and going to school, in having a dorm, being at your friend's house, you've been exposed to mold because of where you've hung out.

And then the last category is that other, which is all of the other chemicals. If you live near a highway, a golf course, an industrial plant, a farm, if you that just right off the bat, if you renovate your house, if you get new furniture, all of these are off gassing experiences.

Let me pause there because I just, like, dumped a whole bunch of information on you. Yeah, I'm just sitting here going, I like you. What do you do with all this? What do you do with this?

Let's talk about maybe what are the things that you notice when you have toxins? Like how do you know you have toxins if you live on this earth, here's the punchline.

We're going to give it first. If you live on this earth, you have toxins. Congratulations, you have text. Then the question is, is it clinically relevant?

Is are you someone who's really good at detoxifying? In which case you're going to know that you are because you're in amazing health. You wake up in the morning, you're completely rested.

Your body functions the way it should. You feel it looks the way it should. You can build muscle the way you expect. Your brain works. You have you. If you're a female, your periods are fine.

The regular you have no fertility challenges. Your vagina is invisible, meaning it doesn't bother you. Your weight is where you think it should be essentially that you there's nothing you could fix.

Okay. I don't really actually know anybody like that, but. Okay, then, then. Okay, there's the symptoms like hair loss, acne, brain fog, heart palpitations, asthma, anything with the gut bloating, gas, gas, diarrhea, constipation, anything female, bad periods, heavy periods, no periods, difficulty conceiving, difficulty staying pregnant.

Low sex drive. That's men and women. Weight gain pain. And then there's the diagnosis autoimmune disease that includes celiac disease, Hashimoto's. Then there's cardio metabolic, so polycystic ovarian syndrome, any type of hypertension or coronary artery disease or coronary vascular disease, diabetes type two, not type one, although type one is an autoimmune disease.

So at type one diabetes for the non immune part and type two for the ongoing and then degenerative diseases like Parkinson's or multiple sclerosis or even dementia or cancer.

So if you fall into any of those, if any of those, you're like, oh, I have that. Okay, it, it can track back to toxins. So essentially toxins can make dysfunction through in the body.

They're inflammatory. And so when we track it back to your sex drive and you're in your female health and your male health, what happens is let's get really specific.

Any time we get exposed to an endocrine disrupting agent, our hormones are part of that endocrine system and it throws them off. And when you don't process your hormones properly or your endocrine disrupting agents because they look like hormones in the body, when you don't process them properly, they wind up as free radicals.

Free radicals are inflammatory, pro cancer, promoting pro just function promoting. And so when we have those, they either get they either get stored in our fat because it's like a storage depot or they proceed into phase two in the liver to get bound and excreted.

But there can be dysfunction if you have dysfunction in your gut or dysbiosis, overactive beta glucan, anti enzymes. Then instead of pumping out your hormone that's in our inner, you recycle the toxic hormone.

Symptoms and Health Conditions Linked to Toxic Exposure

Now you're back to ground zero, right? And what you start to see is fibroids, heavy periods, sexual dysfunction. It starts to snowball. Right? So I skew this towards women.

But men aren't immune either. You know, one of my kids into one of my family members, you have breasts. This family member was a man, for the record, said to the family, you have breasts.

Do you know how you have breasts? And I was like, that's an estrogen dominant state for men, right? And so men grow breasts, women grow fibroids. Mm. Yeah. So, you know, you have toxins.

If you have any of those things, it's important to start to work on. How do we level up and how do we get you healthy? Because you're meant to be vital, vibrant, healthy, alive, able and interested in intimacy until you're at least 100 and every decade should get better than the one before. So.

So how do we get you there from where you are now? Get rid of the toxins. Wow. What other what things can we do to try to help get rid of the toxins? I mean, definitely go see somebody.

Like you and. See like a functional medicine integrative doctor are going to do all the fancy tests. But, you know, for people who are like, I want to start today.

Yeah. So there's so that you bring up a really good point, Betsy, because there's things you can do on your own and there's so many things you can do on your own.

And then there's things that I go, Okay, work with someone like me or another senior functional medicine provider. So, so the things you can do on your own, you can level up your food, you can dish, you can ditch processed and packaged food on your own.

You don't you don't need a specialist for that. You can minimize alcohol. You can get rid of alcohol. You can ditch the plastic storage containers. You can ditch plastic drinking containers.

You know, it's funny, my kids my kids went to overnight camp and they both came home. I don't know if they bought it or if they were given a gift of a water bottle.

So they show up in the camp colors with the water bottles that are plastic. They came home three weeks ago and I kind of like, you know, do you know how much laundry two children generate when they come home from camp after three weeks? It's awful.

So you can clean up your laundry detergent. So anyway, I come into the kitchen the other night and these two plastic water bottles are sitting there and I'm like, No, no, I throw them out. My husband's like, What are you doing?

Their new I'm like, and you know, he's in the game with me. We wrote the book together and he's I'm like, No, he said that they're good for hiking. I said, so.

So were the aluminum are not aluminum, the metal ones that are steel. But I've tested for lead and don't have lead that are just as light as those. It's the filling with water that makes it heavy, not the the metal, the metals light.

And he was like, fine. So to get rid of the plastic water bottles wherever you can, don't keep food in plastic. Don't need food in your microwave. In plastic, you can do all that your own right.

Minimize your sugar, level up your beauty products. Environmental Working Group is my favorite source for figuring out if what I'm using is clean. So and having said that, there are three brands that I love, so I'll make it easy on you.

So beauty, the three things I use on my face. Beauty account for things. Beauty counter. They have facial, you know, toners make up, glow ups, whatever, and then they have full on makeup.

So I use them for 80% of what I use, and then I use mineral fusions, which is another clean brand. Then I use purity woods, which is for face care, and then I use Burt's Bees for lipstick.

So I pretty much use for things. Those are for companies that are great. And then you can level up your cleaning supplies, your laundry detergent, your dishwashing detergent.

And for that I use Aspen clean they're EWG certified. They have auto shop and they have everything. You know, they have bathroom cleaner, kitchen, cleaner floor, cleaner laundry detergent and dishwashing detergent.

So I put it all on auto shop and actually I was just notified today that my next delivery is coming. So so those are things you can do if you do construction on your home.

Don't use any paint or varnishes that have VOCs, volatile organic compounds. They are cancer promoting their endocrine disrupting. Don't use them right.

Like go for Novichok paint. There's a company called Vermont Natural Casings that has stains that are it's derived from milk and it doesn't have any smell.

And you can stain your your your stairs. And, you know, we stain the chicken coop with it. We use it for any stains outside or in. They have both. So you can do all that.

You can filter your air and water. And what I say is filter it to the best ability of your budget. So if you can afford something on the counter, great.

Everything's better than nothing. So do what you can do and filter your air or your ore and or your water to, you know, if you can do your whole house, cool.

If you're going to do room by room, that's great to wash your clothes before using them. Don't take them to the dry cleaner because that's formaldehyde and maybe you want to be preserved when you're dead.

Practical Ways to Reduce Toxic Exposure

I don't even know if I want to be preserved. Then. But you don't want to be preserved when you're alive. It's not it's not healthy for you if you're going to buy a bed by a bed without a flame retardant.

So if you have a gasoline powered car, don't pump your own gas. So there's best. Part about living in New Jersey. I know I was going to say New Jersey didn't a lot.

So my home was so funny. I was like, I'm not pumping my gas anymore because but it's more expensive. And I was like, Great, but we're spending so much money on detox, you know, because it's not cheap to detox.

Yeah, right. So. So you can. And look, our book is meant to be a roadmap to help you level up so people can read the book. You can follow us online. I'm all about like, how do you clean it up?

But then there comes a point where, okay, you need the data, you need to understand what you're treating. If you've done all that and you don't take a turn for the better, then you go, okay, there's we need more data.

We're missing something here. And that's when you would want to work with a functional medicine provider who can test you and not guess about what you got.

You know, I could pretty much say, Oh, okay, based on your story, I know what you've got, but how will I know? When treatment is successful, your energy will improve long before your metals are gone.

Your hair will start to grow back long before your mycotoxins are gone. Like all of these things, you'll think you're done, but you're not done. You just feel better. Okay, so.

So that's when you want to work with someone is when. When you need the data and or you're not improving or you've gone as far as you can go on your own.

But there's so many things you can do on your own. You hold the keys to the kingdom. You made it so many great points. And you know how as I'm sitting here, I'm going, I need to go through my makeup and get rid of probably majority of it because I've done the whole Environmental Working Group when I got the soaps and the shampoos and the house cleaners, and I'm like, okay, but I'm like, I forgot about the makeup and I will admit I'm an Amazon buyer and God only knows when it comes to personal products what you're getting.

Unfortunately on Amazon. So, I mean, that's another thing, too. I have a lot of patients who are like when they buy vitamins and supplements, everyone's so used to like I just go on to Amazon, press the button and click and or they go and buy the bulk size vitamins from like Costco.

But they're finding, especially with Amazon, there's been a number of articles where they they know that there's counterfeit product bootlegged. That it sits in warehouses that are not temperature controlled.

It's so funny. There's two things recently happened. My dad sent me an article yesterday about often supplements don't have what they're supposed to have and they have stuff they're not supposed to have.

And I said to him, That's why we test our supplements for impurities, heavy metals, mycotoxins and other contaminants and we test for does it have the level that it says it has?

Right. Like so I'm not really brand conscious. I can't look at you like, Oh, you're wearing Prada. I would never know. But but I'm brand conscious about supplements because you want to know where it comes from and know that you're getting it.

I would say from a physician approved brand. A physician vendor brand, because, you know, it's good in that case. And then my mother in law said to us, I mean, we have all these supplements.

She said to me, Yeah, I went to Costco and I got melatonin and I got sick and I was like, okay, there's a lot to unpack there, but like, why would you buy supplements when we have, we would just give it to you.

She's like, I feel like I use a lot. I'm like, Nobody's going to take more than me, right? Because I use like 30 supplements. So, so really I was like brand conscious.

Do do make sure that you're getting things from places that are high quality, that have been vetted. Like we vet everything, we look at it, we know the brands and then we make our own too.

And so you want to definitely be brand conscious and level up essentially the best time to level up, especially if you're listening. You're like, When should I?

I got to do everything all at once, right? That's a female and a very human thing to say is like, okay, I have to be perfect. And my response is, okay, if you have three personal assistants and unlimited funds, have them take that project on and level you up.

Wouldn't that be the Oh, yeah, right. But if that's not your life, don't do don't throw everything out because that's hundreds of dollars. You're not going to move the needle by using it for another month or month and a half. It's not going to move the needle.

So what I say to people is as you're running out of something, that's when you want to level up, okay? Because otherwise you get analysis, paralysis, like, where should I start first?

So my coaching is always start with the thing that you need to buy. Go to Environmental Working Group, go to think dirty. I just heard of Yucca. I haven't used it yet, but it's another site.

So there's, you know, but the EWG is my favorite. They have an app, you can scan the barcode. If it's rated, it'll show up. They've rated thousands of products.

So the thing you're running out of is really the top priority as you buy more food level up for organic as you buy, you know, as you're buying a new water, get out of the plastic water bottles.

Like do it as you need it. Otherwise it becomes so overwhelming, you know. And I didn't even think about what I've been doing and I'm like, Oh, this I forgot this might be a problem is I buy special coffee at home that I know has been tested for Mycotoxins because I know that's a problem with the coffee beans, except for I've been running down to Starbucks and Dunkin Donuts very often lately and going well that doesn't me no good if I have the might mycotoxins free coffee sitting at home but I'm running out and getting coffee from these other places.

Yeah. So coffee's a coffee's like coffee and wine I'll say, are these dirty little secret? So they both have tons of pesticides sprayed on them and they're both not the wine, but the coffee's tremendously moldy.

So you do need to look for organic coffee that is not moldy. So the two brands I know are Purity and bullet BulletProof. There's two that that I don't even drink coffee, but my family, I'm like, you need to drink Purity.

So we have all the different strains of it because I'm like, I don't care. I'll get you whatever I want and whatever you want. So then with wine, wine has tons of pesticides in it.

And then when you layer on that, when you drink wine, it converts to sugar and feeds yeast and throws off your gut, which throws off your vagina or throws off your adrenals because it's stressful.

And then that throws off your sex drive, you know, it's like circling the drain.

Resources, Testing, and Final Takeaways

So I usually say go for dry farm wine, which is lower sugar, doesn't have the pesticides. AIDS is organic, but it's, it's you want to level up, right?

Like you're not going to be perfect. You just want to be better now. Yeah. Oh, my goodness. There's so much we can probably talk about this for hours because it's just so much information.

But you gave us some great places to start. Is there anything that I didn't ask you that you wanted to mention? I think I think we just want to make sure we stressed that when your sex drive, your hormones are off your vagina or your is off or you can't get an erection and anything that's wrong in the realm of hormones in sex, it means something's not right up stream.

And it's important to figure that out because like I mentioned, if you can't get an erection that signifies coronary artery disease, that's concerning, right?

Like you don't have a heart attack. And so most guys aren't like, wait, I can't get hurt. And that means I have heart disease. Yes. So we really do want to take those things seriously.

It's dysfunction in the mechanics. So that implies there's dysfunction elsewhere. So it's really important to not just poo poo it. You're not just getting older.

You might be getting more stressed or less resilient, but all of the dysfunction that you're experiencing is reversible. I think that's the most important thing to remember is it's fixable.

It's reversible. Don't just chalk it up to getting older because that's not real. I disagree wholeheartedly with that.

Yeah, I. Agree with you. Where can people find out more information about you?

Sure. And I didn't tell you. Can I tell you we have a gift? Yes. Yes. Oh, okay. So a couple of things. So if you're interested in working with us as as patients in the medical bricks and mortar practice, that's fivejourneys.com.

We're in Massachusetts, so you have to get yourself to Massachusetts for the first consult. And then if you're in Timbuktu and you're like, Oh, I'm not going to get there.

We have an online brand called Dirty Girl Detox, and that is for people who want to do programs, who want to get supplements, who want to get some coaching or testing done, but not actually establish a physician patient relationship.

It's more of a wellness behavior that's dirtygirldetox.com And then the gift, if you want to read chapter one of the book or take a quiz to figure out how toxic you are or get, we have a huge guide that we give out.

So if you want any of that that's at dirtygirldetox.com/gift and then just follow me on on Instagram and Facebook I'm @wendietrubowmd So I'm committed to bringing this into daily life so that you can transform your health.

Really. Thank you so much, Wendie, for being with us, because this has been just amazing. And I think it's something we all need to look into. You know.

No matter where we are in life and, you know, for dealing with symptoms, definitely. But, you know, if you have family, friends, you know, loved ones who are don't have symptoms, they want to be addressing this now before they develop those symptoms.

Yeah, well, you were sick like me. That's that's the bottom line right now is don't wait now. So once again, thank you so much for taking the time to speak with us.

And everywhere you go, make sure you check out Dr. Wendie and all those wonderful links and stick around because we have more great sessions coming up.