Detoxing Plastic Particles Out of Your Body Transcript

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Introduction to Plastic Testing

In this video, I'm going to talk about how to measure plastic in your body and then how fix it. When I say plastic, i'm talking about small particles of plastic.

Not BPA chemicals or phthalate chemicals, which are chemicals found within plastic also antimony is in plastic that's a heavy metal that is very dangerous.

We're talking actual plastic particles and the technology on this is, in Michigan, where I am from, the sky is about an hour and a half north of where i live And he's got a lab in Michigan and in, I think it's the Netherlands.

So in the netherlands, he has a Lab where you have to poke your skin and then it is a dried blood spot test. But in Michigan, it's a saliva test and he just launched it.

So I'll give you all the answers at the end of this video. If you want to just skip to the and go right ahead. I've heard all kinds of ideas about how much plastic we have in our body.

We have as much as a credit card in her body, I even heard that we consume as this much in a year like a plastic bag. or a plastic fork. These plastic particles are in our water, and if you eat food that's stored in plastic containers, then you'll have microplastics and nanoplastics in your body.

If you drink from a water bottle, you will have plastic in the body, so everybody's got plastic. It's been shown that they cause a lot of harm. So the federal government is now launching a new program, called STOMP, which means Systemic Targeting of Microplastic.

Why Microplastics Matter

So they're spending $114 million. And the big question is, can we identify plastic in the body? We know that it causes a lot of harm. Then can get a solution for that?

So the first part of this program is two years. They're going to develop lab measurements, which already exist. I'll tell you that at the end. So, they are asking for a help from a variety of people.

In the month of April and May, They are going accept proposals. And we shall be very happy that they're actually now addressing this. At the same time, they are launching this documentary on Netflix.

It's called The Plastic Detox. And I didn't watch it. I'm not going to watch. But during the trailer, there's saying that there are five couples that are infertile.

They're trying to determine that if they pull all the plastic out of the kitchen and out the house, will it improve their fertility? And I'm going to tell you right now, the answer is no, because the plastics in the body, you got to detox out of the bottom.

Let's hear what RFK Jr. has to say about this. This has been a target of theirs since last year. So this is one of next things that they're going tackle along with fluoride.

And you've seen them tackle a variety of health issues in our country. Now they are going focus on plastic. Plastic has become embedded in modern life, it's also become imbedded in the human body.

Researchers have detected microplastics in human blood, lung tissue, liver, kidneys, and human placentas. Studies have found them in more than 80% of people tested.

Federal Research and New Documentary

One analysis estimates that the average person ingests tens of thousands of microplastic particles each year through food, water, and air. Another study reports concentrations in the brain equivalent by mass to roughly a spoonful of plastic in every human brain.

And this number, by the way, has gone up by 50% since 2016. In a study of 62 placentas, Every single sample contained microplastics, evidence that exposure begins before birth.

This is not a rare exposure, this is baseline. We are not dealing with a distant or theoretical risk, we are dealing a measurable and growing presence inside the human body.

And the signal is getting stronger. Animal studies show that microplastic exposure can drive inflammation, cardiovascular damage, impaired cognition, and tumor growth.

Human data raises parallel concerns. Disease tissue consistently shows higher concentrations of micro-plastics than compared to healthy tissue. In one major clinical study, patients with microplastics detected in arterial plaque faced a 4.5-fold higher risk of heart attack, stroke, or death in less than three years.

We do not ignore signals like that. So you don't have to wait for the federal government to test your plastic in your body and to resolve it. And this is the lab that I ran in November, November 5th of 2025. You can see that plastic has been detected.

RFK Jr. on Microplastics and Health Risks

At the top here, right above me, it says less than 10 micrometers. And I have six of those particles detected. 10 to 30 micrometers is 17 and 30 to 70 is 2. So we have small, medium, and large size plastic particles.

Nanoparticles would be much, much smaller than this one, the less than 10 micometers. These are primarily microplastics. But this is right now the only test that measures any kind of plastic.

and it's readily available for you to use. So my particle count in total was 25 right above me right here. This is a saliva test, and saliva comes from blood serum.

From the arteries, there's red blood cells and other things inside that, like fat and water. Well, another word for blood water is blood syrup. The body makes saliva from the blood's serum, so when you do this saliva sample, you can extrapolate that to the rest of your body.

Now there's going to be plastic particles concentrated in deposits in arterial placking, for example, causing heart attacks or in the brain. It's been known that Alzheimer's patients have plucking in their brain and there is a lot of plastic particles in there.

So where you have pathology, just like what RFK was saying, disease tissues have more plastic in them. And if you've plastic, in your arterial placking, then your chance of having a heart attack is fourfold greater than somebody who doesn't have plastic.

In their arteries. This lab is detecting amount of plastic In your saliva that comes from your blood serum. There might be more Plastic embedded in plucking in Your brain or in you arteries or somewhere else.

So let me scroll up a little bit and I'll show you. So I'm at 25 and then this blue part right here where my arrow is. Me and a bunch of other people had 21 to 25 particles in their saliva.

The majority of people have 1 to 10 particles right there. So let me show you the follow-up. This is November 2025. The next one is March of 2026.

Personal Plastic Tox Test Results

So I started a supplement to dissolve the plastic out of my body and my large particles went from 2 to 0 and it says not detected whereas before it was detected.

And then my medium-sized particles were 17, so they got smaller. There was less of them. That dropped down to 14. But then the very small particles where 6, they went up a little bit to 11. So it makes sense that this supplement, which I'll tell you about in a moment, it dissolves the plastic particles.

They don't just disappear like a bubble popping in the wind. it gets smaller and smaller. That's how these work. So my total count stayed the same at 25, right here, just as before.

But you can see the shift from large to small. And I'm still stuck in this area right, here along with all these other people. There's just more people who have taken this test now in March of 2026 than in November of 2025. My goal is to get it down to zero with these people over here.

And so here's the disclaimer, which I feel like I should say, well, plastic tox, the name of the lab, is peer-reviewed and clinically approved by a CLIA COLA certified lab.

Plastic tox is not a diagnostic test. Always consult your physician when considering lifestyle changes. Our results are from our proprietary combination of kit-based collection and not extra active manual and automated microscopy performed on dry, dried human saliva samples, dyed, prepped, and reconstituted for evaluation.

Plastic tox utilizes a proprietary mixture of stains and solvents coupled with cutting edge developments in imaging to provide quantitative and qualitative levels of microplastics in human saliva.

And right here is Alan Morrison. He's the guy in charge of the lab. he's kind of camera shy, but I got this picture of him and now you know what he looks like.

that measures plastic, and he's got the only lab in the country that measure the spike protein. This technology is in Europe and other parts of the world, but he actually imported the machine that measured spike proteins.

Now you may be testing your spike-protein antibodies, which is one thing, But to actually measure protein itself alone, that's a different thing.

Follow-Up Results and Supplement Protocol

So he is pioneering that also as of this recording that is not launched yet. So here's a paper developed regarding this test that they did with microplastics and a bunch of people.

And they use this product right here called Chemzyme from a company called Optimal Health Systems. That's what I took for two months to reduce my particle sizes.

Then I need another two bottles worth to finish out the rest of the plastic to get that out of my body. So this is the solution for the plastics in your body If you take two a day on an empty stomach, like one in the morning, one of the afternoon.

The intended protocol was 45 days. There were 103 participants before, and 41 had completed both pre and post. This was an exploratory observational design, so there's no blinding and no control group.

And you can see that the pre was here and the post was there. So you see the total count dropped from 35 down to about 17. in those six weeks. So I think if you did another six week, the idea is that it goes to zero.

It was kind of a weak study, but it was done. And you can see that there was a 51% average total reduction, and a 53% reduction in the very, very small particles, And then the 53 percent reduction and the medium-sized particles.

These improvements were common. 56% of the people achieved greater than 25% reductions. 39% of the people achieved greater than 50% reduction, and 22% achieved a greater 75% percent reduction.

The top 10 responders had reductions up to 97%. Some individuals decreased by more than 450 particles. This is only six weeks. Now this person, participant number 75, started at 80 and then it went up to 97.

Study Results and Lab Disclaimer

So after six weeks, they had more particles because these were detoxing out of their brain or their arteries or something. And then on the third test, their score was four.

This person number 20, Their first count was 10. Then they retested and went to 16. And then the third and final test was at 13. So they have more to do.

They're going to have like more than three months of detoxing to get all that out. Real biological change isn't always linear and that's where I'm at.

My total count stayed at 25 both times and then I have to another two months worth and see if it drops down to four like this person. We sell out of my office, this lab test is called Plastic Tox.

And then we also sell the chemzine created by this company Optimal Health Systems. So you go through two bottles of that, recheck with the Plastic Tox.

Or if you want to be really thorough, go to four bottles the Chemzime. Recheck then with Plastictox to make sure that the job is done. And I want thank my friend Denise Krebs.

She set this up with me. He introduces information to me, she's also selling the material. As am I, there's only a few vendors that are selling the plastic tox saliva test.

So you don't have to be a patient in my office to order chemzyme or the Plastic Tox test, so just call the office. I'll put the phone number at the end.

I just want to reiterate that the federal government is going to spend $114 million just to find a measurement tool. And I told Alan about this attempt by the government to look for and find measuring tool of plastic in the body.

He already has it. He is reaching out to them. He said that the Mayo Clinic uses plastic tox to find plastic in their patients bodies. So this is cutting edge and I'm happy to introduce this to you.

Where to Get Tested and Detox Advice

Now the question is, are you going to do it for yourself? And we really don't know, like, what are the results? going to be? Are you going prevent cancer?

are you gonna prevent or reverse Alzheimer's or placking or heart attacks? So what kind of diseases go away when you get plastic out of your body? There's other things that detox also.

Don't forget to detox spike protein and mercury and other chemicals and metals. And most of healing occurs by removing all the toxins out your And that is step 6 in my 7-step blueprint to optimal health.

And for people to do a really good job with detoxing, you have to clean out your gut, which is Step 4, and get rid of organisms like parasites and mold and bacteria, Which is steps 4 and 5. In order to that, You have do step 3 to prepare for that.

Step 2 is mitochondrial function increase and energy increase. When you're done detoxing in step six, then you go to step seven, which is cleaning out the cells.

Detoxing plastic is one aspect of improving your health, just like getting rid of parasites and eating a good diet and taking B vitamins. So it's not just a one and done thing.

You have to know the whole system. It's a step by step process. And if you need help beyond what I tell you on YouTube, if need personal help, then contact the office and become a client of the Office.

There are 11 health care providers in my office, and we know all the stuff. And don't forget, you have to detox your house of plastic too. Plastic bags, saran wrap, plastic food storage containers, cutting boards, go with glass and other natural products.

If you needed personal contact The Office