Introduction to toxin-free living

Welcome back to the mitochondria conversation. I'm your host, Laura Ontario. And in this talk I'm going to be covering emptying your body's toxin bucket.

And we're going to take a tour through my bathroom cabinets. Obviously we're in my bathroom right now. You see I've got towels hanging behind me. And we're also going to go into my kitchen.

And this is going to be really fun. This is one of the most favorite things that my clients love to do is just dig in and get behind the scenes at my house.

So thank you for joining me today. I'm also joined by Daniela and Gyorgy. Hi, Daniela. Hi, everyone. Daniela, you're going to help facilitate this conversation and make sure I don't forget anything.

You're my lead coach and right hand bio radiant health. And you are a mindset empowerment health coach who also is a Pilates instructor with a muscle activation technique certification.

And what we're going to talk about today has really hit your life hard because at age 41, you were diagnosed with breast cancer, interrupted the breastfeeding of your one year old baby boy, and you totally had to shift everything in your life.

You had to get toxins out of your life. When we met, you were already doing a lot of the things that we're talking about today, and you're even going to share some of your favorite products today as we go through this.

Yeah. So welcome back. Thank you for being here to help facilitate this discussion. And for our audience, make sure you have a pen and paper handy. We're going to go over a lot of products and you're going to want all this information.

You can get the transcripts to this summit if you purchase the summit by the way. So with that, all these things will be written down for you. And you can always go back and, look at the summit again and again.

This video right here, this particular interview is totally worth the price of admission for this summit, because you're going to know exactly what to do in your life for every hygiene thing you can think of.

So thank you Daniela, for being here. So fun I can't wait. And this is like this is like fun time. It is. We get to play today. Okay, so, where should we start while you're in the bathroom?

I'm thinking let's start there with your personal hygiene. Maybe you can tell us a little bit about, I don't know, deodorant. That's, like such a big one, right?

Shower, oral health, bathing stuff. For women that still have their cycles, all these periods. Yeah. We'll talk about periods, too. That's a perfect place to start.

I have a lot of stuff here laid out on the counter to show you. So, now of us, first off, start by saying that for most of my life, I shopped at, you know, the drugstore, target, Walmart, CVS, and I just purchased, you know, the top brand name things I wore, you know, secret deodorant.

And I used crest toothpaste, and I used, you know, whatever brands of hair shampoo, Pantene or or swab or something like that. And then as I got older, I went to the fancy brands of things.

So I started shopping, you know, department store for department store quality things. But they weren't any better.

They were just more expensive. And so the good news is, a lot of these healthy things that you can get low toxin, things that you can get for your body are actually not as expensive as the things you get when you go shopping at the Nordstrom cosmetic counter, for example.

Or, you know, so I also say that oftentimes, you know, you think about, oh, you know, I'm trying to save money. I want to buy the thing that's lower price.

At the end of the year, if you added up the extra money that you might spend on a higher quality product, it's probably all told, less than $100 difference at the end of a year for the amount of things that you go through in a year, you know what I mean?

Done a really great perspective. Yeah, I think we do. We sit there and micromanage and Penny pinch that one little product. But yeah, it's worth it. Yeah. Like this shampoo is $2 more.

But this bottle of shampoo is going to last you several months and you might only buy it twice a year or three times a year. I mean, I don't know about you, but I only wash my hair about once every 4 or 5 days or so.

And so I am once a week. Or I will admit it, right? I mean, people might be like, oh my gosh, that's gross.

Bathroom hygiene essentials

But trust me, if you can get to the point where you don't wash your hair all the time, it's really good for you and you stop making so much oil and your hand doesn't stink.

And if you detox your body, you know you can do that. So, so this is all in the name of lowering your toxic load in your body. We've talked on this summit day after day about mitochondria being affected by toxins.

So we're going to jump in and talk about products that don't add to that toxic bucket that we all carry in our body. We all have an amount of toxins that come in, and there is, you know, hundreds, a couple hundred, chemicals that are coming into our body from our body products every day.

So let's start with personal hygiene, and I'll start with deodorant. Now, I've tried lots and lots of deodorants and these are two of my favorites. So the first one is think sport.

And this one is wonderful. Think sport makes other products as well. I think, Danielle, you're going to show us one of your favorite Think Sport products also.

And this one I love this one. This is Green Tidings. This is a lavender deodorant. This one I love it. It doesn't stain my clothes. And it's I love the smell of lavender. And this one just works for me.

So deodorants or something that you just have to try again and again. And I would say to find really clean products go to Environmental working group ewg.org and look on their website for clean products.

There's also an app you can put on your phone that's called Think Dirty and it scans barcodes. And so when you scan the barcode of a product, it will come up.

Both of these are in the Think Dirty app. It will come up and tell you how they rate it for cleanliness. So I can I, can I add to that Laura. Yeah. Yeah.

I have a little one as well. And mine is called Stink Stick. And this is literally a little vial. And there's two ingredients essential oil of lavender and essential oil of tea tree oil.

And you know, my experience in going in with some of these natural deodorants, I mean, people like, oh, they don't work. And I think you really have to play with them.

I think you try one. It may or may not work. Everyone's body chemistry is different and everyone has a different phase of their life hormonally. And so I think it really is about just trying and seeing what works and not.

But this one's great. I literally just put a couple drops on my fingertips, and then I use my hand, my fingertips to apply under the arm. Amazing. And we want to have, deodorant.

It's free of fragrance, free of aluminum. Aluminum is linked with Alzheimer's disease, mitochondrial decline for sure. Alzheimer's is a mitochondrial decline disease as well.

So next thing for for in the hygiene department would be what do I do when I'm in the shower. Right. So I have a couple of products I love. I love Doctor Bronner's Castiel soap.

This is the lavender. I buy this in these big, giant bottles, and then I put them in smaller pumps and use this to clean all my parts head to toe. This stuff is amazing. And this one I love.

This is everyone's soap and funny. I found this one the other day at Marshalls. I ran into my yeah, you can get it. You can find it for a really good deal.

I mean, they sell it at sprouts, they sell it all over. But this is a vanilla and lavender and they are scented with essential oils. This is really clean.

They also make a line of lotions, hand soap, body soap. This is their every. This is their shampoo, body wash and bubble bath all in one. So you can use it for anything on your body I love it.

Here's the smaller version. That's the hand soap that is at all my sinks in my house, in my bathrooms, and everywhere. And, let's see, shower wise, the I guess let's talk about hair for a second, because we do that in the shower, too.

This brand a cure, has clean shampoos and conditioners. I will admit, I have a really hard time finding really good shampoo with all these long locks.

It is really hard to find shampoo that doesn't dry me out. This is one that is not perfect, but it is. No sulfates, no parabens, no phthalates, no mineral oil, no animal testing, no petroleum.

The problem with this one, it does have fragrance in it. So it's not perfect, but it doesn't. It's not terrible. I'm here. It doesn't turn hair into straw.

It's so I mean, I you know, it takes you a while to get your hair to, you know, look like this. You don't want to destroy it. I mean, this is a it's a whole thing.

So this is where I'm not I'm not perfect in my hair care, but I'm ish, right? Yeah. So this one is a good, decent one. Another. They also have hair products.

This is a styling gel from them. My daughter uses this for cheer because use a slicker. Bangs back and put it in a ponytail when she's cheering. This one is a dry shampoo.

So this is made by, Oh, this is. Well, Well, well, nice. So this is the the brand and it's a clean, the hair powder. So if you had to sell that because it's hard to see on the shelf and easy.

And if I didn't say it, this one is shea moisture. These shampoos that are not perfect. And this one is a cure a c you read. So that's really what's happening in the shower.

In terms of oral health, favorite toothpaste is Doctor Bronner's. Again, it's the same company that makes this soap. They come in cinnamon, peppermint and spearmint.

Love this. It is fluoride free. Fluoride is a toxin. This is also an excellent toothpaste. Primal life. I don't know if you can see that primal life is.

This was formulated by a nurse. She owns this company. And this is actually a powder that you dip your toothbrush in. It's flavored with. It has spearmint essential oil in it.

And, this is a, what do you call it? It's like a clay. It's like a clay. Mineral type. And it actually puts minerals in your mouth. You all do, I do, I do different things.

Yeah. I go back and forth. And I use a toothbrush that's not a bamboo, so I use a bamboo toothbrush. I don't use a plastic toothbrush. This is a natural toothbrush.

Where do you get those, Laura? The natural sprouts. You can get them online. I actually found them at Walmart recently. That's amazing. This is a tooth whitener that I found.

Doctor Ginger's coconut oil, and it's a whitening gel. And you just paint it on, and it's toxin. It's not full of toxins. So that's kind of fun, right?

And then this is my trick for mouth as well. So mouth freshener. I just put peppermint oil in my mouth. So I just take a drop of doTERRA peppermint oil, put it on the back of my hand, lick it, and it's like instant breath freshener.

And it's a rush and it wakes you up. And so this is always in my handbag. That's I don't, you know, suck on toxic mints or choose a good idea, chew gum with all kinds of toxins in it.

Nothing like that. In terms of period care, let's talk about that. And I actually brought something tricky and something clean. So at first glance, this might seem good.

This is at target. This is it. It says chlorine free. It's advertised right on there. So these are maxi pads. But if you look at the ingredients on the back, it has polyethylene glycol, mono Lori, potassium poly oxy ethylene laurel ether.

Phosphate. Titanium dioxide, polypropylene. Sodium poly acetate. Hot milk. Adhesive. Polyethylene. It does have cotton in it okay, so seems good because it says chlorine free.

Sure, no synthetic pesticides, dyes or fragrances, but it's full of all kinds of other things that are soaking into your body, so no bueno. So this is the brand natural care.

Guess what this has in it? Organic cotton. And then it has because there's a little adhesive on it. So all it this is organic cotton. And then it has a BPA free medical grade polymer.

That's it. That's the only thing in this. And then they also have tampons. And I prefer, these little guys that you just insert with your finger.

Clean makeup and skincare

Then there's no plastic applicator. I mean microplastics are inside of our bodies. Plastics absorbs in I don't like to put plastic in my body. These are amazing. They're tiny. They're discreet.

You can put them in your pocket. They're so easy to deal with. I switched to these, like, ten years ago. They're amazing. But these are also organic cotton tampons.

Okay, so clean. What else do we want to know about? Let's see. Oh, how about makeup and skin care, please? Okay, so makeup is one of my favorite topics.

I love makeup. Okay. So clean makeups. So here's one that is pretty clean. I will say it's not the cleanest on the market, but it is good. It gives good coverage, especially for, older skin.

I'm going to be 50 this year, and I have some hyperpigmentation from the sun and so Jane Iredale is what I like. This is a liquid, makeup. And it is on the very clean spectrum. It is.

I mean, there are others that are beauty counters. One that I hear is really good. I'm really a stickler for performance with makeup, so this is what I like to use because it just it does perform really well.

This is a brand out of Australia that's really fun. It's called Inner Eye and ICA. This is my blush. And they make an entire line of everything you could possibly want.

Every single makeup. And this is their eyeshadows. They're like little pots of eyeshadow. Can you see that? Oh, yeah. These are as pigmented as Mac. So Mac is one of the Mac's huge toxic makeups out there.

This is so pigmented and goes on so smooth and so amazing I love this. So Laura, where do we buy these. So you can buy these online just from intercom I believe.

And I also buy makeup from pharmacare r m a a Pharmac. It's a compounding pharmacy that's like a drugstore with really good stuff in it. Like like amazing lines of makeup and body products and a lot of these things I buy there.

This is a la a brand of lipstick. It's called. Well, people, I love this lipstick. It's probably one of the prettiest lipsticks I have every time I wear this, people are like, I love that.

What is it? I mean, well, people may tell you the color. People are going with you l'il people. Yeah, people. And my favorite, color here is called optimist.

I love the name. Yeah, it's the best. And then this is another brand of lipstick that I love which I'm wearing right now. This one is Doctor Hauschka.

H a u shk. And the, brand looks like that little logo on it. These are, like, have essential oils in them. They smell really good. You know, you eat a lot of your lipstick off your lips, and these are totally clean.

Doctor Hauschka has a whole line of skincare stuff. And so basically, you know, liners, mascaras like everything. All these three brands you can get everything you need.

And then of course, Beauty Counter, which I don't have here, but I've heard it's excellent. Yeah, I've been using thrive as well. And they seem good on performance and I've heard they're clean.

But I will admit I haven't done technical research on them. So, you know, if that's of interest to people, I would just read the ingredients. And that's what I'm going to be doing here soon.

Yeah. I want to talk about skincare because clearly I'm obsessed. I mean, I, I have and you have results of youthful skin. So so a couple different skincare lines that are clean.

This one trilogy I really love. This one is, it's like a rose scented, mist. Hydrating mist trilogy is really nice. And then I already mentioned Doctor Hauschka lipstick.

This is a Doctor Hauschka, face product as well. And this is a facial toner. And then, some face sunscreen while we're on this topic. So TCO is a zinc oxide.

It goes really nice underneath makeup by these online. It's where I get them. But this is really nice under makeup. This is a little travel size one. It comes in bigger bigger ones.

And then this line. So this line Purity Woods is actually Brian Beasley's, company. Brian basically is a speaker on this summit. What is important about this is it is USDA organic, which is USDA organic is different than certified organic.

This is the highest level of purity that you can get. So if you see if you ever find a skin line that's USDA organic, that is meaningful, it is very difficult to get this.

So it's that look that USDA green. Oh, yes. I have seen that. Yeah. This is red. Is that product? What does it do? Laura? This is skincare. So this is an age defying night cream.

This is, a face cleanser. He's got an eye serum, and a and a, This one is an elastin boost. Hyper lift serums. This is an anti-aging. So collagen and elastin is important to support.

This is a fantastic brand, and it's full of really amazing nutrients and botanicals that, are anti-aging. So this is an excellent anti-aging skin line. Purity.

What's going shopping, Laura? I mean, I know I made my after so good, so good. I want to talk to you about, Oh. 0001 more tried and true that I love in my bathroom.

So a cure I already showed you. There's shampoo. This is a facial scrub. This is so amazing. I love this stuff. It's it's like green. You see that coming out?

Oh, yeah. You're not kidding. But it's like, It's it's like little granules that you scrub your face with, so, you know, it's. You remember back when we were kids, it was the same dives, apricot scrub.

I do remember that stuff. Pretty toxic. And it rips little holes in your skin, so. But this is good stuff. It's a nice product. And they also have a really nice gel cleanser that I really love.

Okay, so I want to talk about lip care because I'm obsessed. If I was on a deserted island, it could only bring one thing. It would be my lip chapstick.

It would be a lip balm of some sort. So I have a couple kinds that I love. Evan Healy. This is what the packaging looks like. This is. This is what. This stuff is the best.

Why don't we spell it easy? An Evan Evan h e a l y Healy. Okay, yeah. Evan Healy. And, it looks like this. And this is it has the US dia organic sign, you know, thing on it that's so important.

Seal on it. And then this is a fun one. This is actually one of my friends, doctor Annika. Becca. She's on this summit as well. But this is her Juve kiss.

When you buy this from her website, it comes with two products it comes with for your lips up there and your lips down there. So she has a vulva cream and she has a lip cream.

And this has DHEA in it. And it is. So when I put this on my nude lips, it plumps them a little bit. And it draws like it must draw blood flow because they get pinker.

It's clear there's, there's not. It's so clear. But this is amazing. You can get that from Annika. Becca again, she's a speaker here. What's it called again?

The product. This is called Jo Jo v r Jovic. How does she say it? J u l a it's where I need my glasses. Jehovah j u l VA kiss the girlfriend. Doctor. Annika. Becca.

So this is her lip renewal complex with plant stem cells. Yes, yes. And it comes in a two pack. You can't buy it by itself. You have to buy the the vulva cream with it.

But it's it's actually almost identical to this. I asked her about it formulations almost identical. Wow. Yeah. So really good stuff. Okay. So after lip care, what else should we talk about?

You talked about face sunscreen. What about body sunscreen? Oh, yeah. Yeah, yeah. So this and there's a

couple. You have one to show, I think. And this one is my Michelle.

This is also a great skincare line. Why I like that one. Yeah. They have peptide you know face creams and lotions. They're actually really clean. I have some more of their stuff here. This is a, this is one of their this is their SPF.

The light makes it hard to see my shell SPF. And what else do I have from them? This is a vitamin C serum. My shell, vitamin C serum. I kind of have a skin obsession.

I have lots of stuff. But this is a good old body one. And what? What sunscreen do you have to show? This think body. You know, so this is a mineral. It's at 50 SPF, and it is one of those, like, it doesn't go on to too white, but you just you do have to sort of thinking it.

And I was looking for another one that I had, that, chemical base that it's really highly rated and EWG and it's, ocean friendly and I'm sorry that I can't find it, but, but this is a great one.

It's it's so. It's wonderful. Perfect. Let me show this again. I think this helps. There. Oh, that's really that technique worked really well. My shell is definitely keep doing that.

That's the perfect you can see. Oh well okay. Good. Perfect. And then I had talked about Purity Woods. So there's. Yeah. Purity woods and, this is the Annika Becca.

Right. Like this. Oh, cute. It. Yeah, it's upside down. Is that right? That's it. Okay. Like seeing stuff backwards here. Okay. That's that's it for for skincare body.

What else do we have on our, I know you were talking about that. You have an air freshener or something? Yeah. Okay, so air fresheners are super toxic.

And the little Glade plug ins and the sprays are really toxic. So I use this is a lavender spray. Or a what is it, Acacia medication. Yep. You can buy this at most most, most health food stores.

It smells amazing. And this is a trick in all my years, 20 years working in the clinic I kept this in my exam room because sometimes, you know, bless people who have challenges, who come in for an exam and they might not be very often.

And you get some really, you know, interesting smells in clinics and exam rooms. And I would just spray this after people left so that the room would be kind of freshened up and nice for the next person that comes in.

Yeah, but this is a trick. I've used this for years. I probably should buy stock in this company. I've gone through so much of it. Yeah. So that's a great thing to have in the bathroom for, stink control.

Sure. And there's also those, those little diffusers. Right. The ones where you it's like a little container and it has a little place for. Yeah, like a little, little, tea light, like, with fire to when you put water in an essential oil so it diffuses into the air.

That's really nice. Yeah. Okay. Do we have anything else in any any devices that you want to share with us? Yeah, yeah. And just let me I do, and let me look if there's anything else here.

Yeah, I checked out on my counter. I think we went through everything.

Bathroom devices and red light therapy

Yes. We did. Okay. So yeah, I do want to show devices. So people are like, what are devices? This is a red light device in my bathroom because I stand in front of it naked.

Oh, this is the one you just showed me. So this is made by Red Therapy company, and they are a sponsor on this

summit. They are a local company in Carlsbad, California.

So they actually live near me. They are double the strength and half the price. Some of the big red light companies out there, like do, for example, double the strength and half the price and they regenerate, mitochondria at the cellular level.

They're anti-aging. So I just want to show you this really quick, amazing. What's the name of that brand? It's red therapy company. So if you can see that and you can see the name of this one.

Is the Red rush pulse. And is this amazing? So you stand in front of this for ten minutes. Full body. And just let it regenerate your mitochondria. So amazing.

So and it's very anti-aging for the skin as well. And I want to show you one more device. This is a PMF pulsed electromagnetic frequency device. This is just here in this part of the house.

So I'm just showing it in my bathroom. I put this on and I'll walk all around the house with it, but, if you didn't catch the interview from Doctor Pollack on this summit, definitely check out his interview because he talks all about this is one of his devices.

Pulsed electromagnetic frequency is very healing at the cellular level. It helps with pain. It helps with brain function. So sometimes I'll put it on the base of my neck or I'll put it like literally if I'm sitting working, I'll put it right on top of my head and just let it pulse right into my brain.

I'll put it, you know, if I have pain in my lower back, I'll put it there. Or if I just want to stimulate my nervous system, I'll put it on my spine, on the base of my spine.

It has two little plastic things. You just put it anywhere on your body. You can't feel it. It doesn't feel like anything. But I'll tell you, my daughter's friend just had knee surgery a few weeks ago, and she's already up and walking on it, and she was over here, last week, and I said, hey, Georgie, let me just put this on your knee while you're here.

And she was like, okay, she's got a, you know, she's got a knee brace and all kinds of stuff. So I put it on her knee and she walked around the house and hung out with it for two hours, and she even went to go get ice cream and she, like, wore it out, out in public and just kept it on, kept it on like a, like a good, a good kid.

And then the next day she said she had less pain than she's think she's had at all. After her knee surgery. So this thing is amazing. Posted like, what's it called again?

TMF Pierce and Paul E so pulsed electromagnetic frequencies there a specific company associated. Just go to Doctor Polycom and you can find it there. And he's also on the summit so you can find his interview.

We talk all about it and public Purdue alike. Is that community of you look. Oh, I'm glad I asked you. Oh, w Ali, you okay? Yeah. Okay, so that's about it in the bathroom.

Should we head to my kitchen? Let's go. Okay, I'll be right back okay Danniella we're back in my kitchen now. And teleported I know I've been teleported to my kitchen.

And I'm going to show everyone my favorite cleaning products. My favorite kitchen products, some of my favorite snacks and food products and how I handle travel coffee and smoothies.

This stuff all lives in my kitchen. So, and my water purifier, I'm going to show that, okay, so what should we start with? Let's start with your cleaners.

Okay. All right. So I've got a bunch of cleaners here. One of my favorite brands is this company branch Basics. So you can see branch basics. So this is the concentrate.

And then they give you a whole bunch of bottles like this with different labels on them. And you pour a certain amount of concentrate and water into them.

Kitchen cleaners and non-toxic cookware

And it's nontoxic cleaning. And this is a like, I'm like a mom and pop company that that was born out of having an ill family member and needing to get toxic cleaning products out of their life, so they had to create something themselves.

They also have, an oxygen boost for, laundry. So takes the place of some of those commercial oxygen products. And they and you can make a laundry soap concentrate out of this as well.

And then the concentrate you can make toilet cleaner, countertop cleaner, whatever you want. They you buy the kit comes with all the empty bottles and you just keep refilling them.

And then all you need to do is buy the concentrate when you run out. This is a brand of laundry soap that I like. Ecos. You have a laundry soap that you like, right?

Let's talk about that. Yeah, yeah. And actually, it's pretty similar to your. It was at Branch Basics. What's that? What it's called. Yeah, it's a company called Truly Free.

Let's see. So you see that. And so they make a slew of different cleaners as well. And just like, just like what you're saying, like, for example, they'll send you the packet of the concentrate, and then they send you one bottle and they tell you where the fill line is, you dump the packet and then you fill the water up and it smells so good.

And I was the kind of person that I had my natural laundry detergent. But it wasn't like it just wasn't very effective. And I also didn't it didn't have much of a smell.

But this one is both effective and it smells, so I never have to go to that. Occasional use of the tide. So that's really nice. And I'll just, piggyback on that, saying that they make a slew of products, they make dish soap, they make glass cleaner, they even make like a, like a Lysol disinfectant type thing.

This is like protection for 14 days, kills 99.9 viruses and bacteria. Really, really nice stuff. And they have, so many other, cleaning products as well.

I'm just starting getting started with them. But I also like there are smaller companies, so it feels good. Kind of like your mom and pop company support them.

And, not go to the frequent Etsy of Amazon that I do. So much so yeah, I know totally. Is there like a concentrate thing to where you. Yeah, yeah. So all these like, like this is the laundry concentrate.

This is the glass cleaner concentrate. There is an everyday cleaner. And then there's like the dish soap, and these are just all the refills and then.

Right. So very small footprint on the environment as well. That's incredible. Okay. So dishwasher this is I found this one recently at sprouts. So this is a chain of grocery stores in California.

I think they're in some other states as well. But this is good because it's, no added dyes, fragrance, phosphates, phthalates or chlorine bleach. So that's amazing.

And then seventh generation also has a dishwasher, so that's nice. And then I have a seventh generation disinfectant cleaner with hydrogen peroxide that you can use on bathrooms, countertops, whatever.

This is peroxide, by the way. Sorry, Laura, is awesome at cleaning, like, carpet stains. You know, you I want to test it, and it is amazing. And there's no sticky residue.

So that is I love that hack color. Test it first so you don't bleach. Yeah, that this is all purpose cleaner by seventh generation. So as your cleaners run out I would say just replace them.

You don't need to go run out and change everything at once. But as things swap, as things run out and the other thing you could do is just take an empty container like this, put put water and vinegar, white vinegar in it.

And it's a wonderful cleaning solution. And if you don't like the smell of it, throw some essential oil in it, put some peppermint essential oil in it, or lemon essential oil.

Oh, and speaking of essential oils, these ones live in my kitchen. This is lemon essential oil and grapefruit essential oil, so you can put this in water to flavor your water.

You can put this you can use it as you cook. You can put it in, like I said, that vinegar water mixture. You can put these essential oils in there. I mean lots of uses for this.

But this kind of lives in my kitchen as well, so I thought I'd pull that out. Okay. So Clinique, do you have any more cleaning products to show or is that, you know, I think mostly it's that brand that truly free brand, and it's just awesome.

And they also make dishwashing detergent. I want to talk a little bit about cooking in your kitchen and what to use and what not to use. So cookware matters.

Your, your, cooking, utensils matter as well. So, stainless steel cooking utensils, wooden spoons try to stay away from plastic, food grade silicone is okay.

Silicone is safe, but you want to stay away from plastic. I was recently staying in a, you know, hotel that had a full kitchen in, Park City, and we were there for a summer thing, and we mostly go there for winter.

I was there for summer thing, and I was cooking eggs, and they had like a plastic spatula there, and I was using it. And then I realized the plastic spatula was melting in my eggs.

I was like, oh my God, this is throw that away, start over. Like, this is totally toxic and gross. I mean, you know, sometimes just can't help it. You're going to get exposed to stuff, but don't do it that in your own kitchen.

Silicone won't do that, but bad plastic will. So I just want to show a couple of different cook cookware. So stainless steel. And you don't have to spend a ton of money.

I mean, you could spend the big money on the all-clad, but this is calphalon stainless steel. I think I probably got this set at Costco, and it's been amazing.

Let me get some more of that to show you. So of course, the tried and true true favorite lacquer se the the porcelain coated, cast iron. This is really amazing to cook, and it comes in all kinds of pretty colors.

We have Lake Chrissy outlets near us in San Diego. So I just go to the outlet store by my lake. Chrissy, I mean, is really heavy. So so that is a thing.

But this is really safe to cook in as well. I have a fun story about La Cruz and my parents house literally burnt down in a fire like to the ground. Only thing standing was the fireplace.

And they're like crazy. No no joke. And they still have the like crusade, right? They still have it doesn't say it's cast iron. Okay, so you do need to have a decent egg pan.

I do have, nonstick egg pan. This is not just any pan, though. This is actually from a Danish company called Scan Pan. And their claim is and I, you know, I haven't, like, actually sent to a lab and researched it, but their claim is that their nonstick is much more safe than other nonstick.

So you just can't cook an egg and cast iron or stainless steel. You can't there's, there's other green pans that are out there. I just I tend to like really high end cookware.

My brother's a gourmet chef. I come from a family of cooks and chefs, and I like stuff to work really well. So we do this for our eggs. It's a it's cleaner.

And I, you know, I think Laura, even sometimes you can sometimes go to a thrift store and get lucky with a good brand, you know, so it doesn't always have to be, so expensive.

Yeah. And I want to show, for. You're totally right. I got some Laker essay at a at a second hand store, and at one point I just have a rainbow of Lakers, glass storage containers.

Really critical that you get glass storage containers don't store things in plastic. Plastic is full of endocrine disrupting phthalates. And even though it says BPA free, there's other chemicals in there.

That's like the popular thing to say, BPA free. But what about other plastic chemicals, you know, eating your chemicals? So yes, these come with plastic lids.

I mean, they just do. So I just try not to fill it so high that the plastic touches the food. Right? Yeah. And I did find one. Ikea actually has some glass containers that have bamboo lids, so I had.

What kind of lids? Bamboo. Oh that's nice. And you could put silicone lids as well. So I just want to show like this is really important to have stainless steel.

And the reason I'm showing this is this is actually a family heirloom. This is my grant, as is my Italian husband's grandmother's pasta spoon. She cooked.

So when she died, all the grandkids went in to get what they wanted out of the house. After the after the after her children had come in and got all the things that were worth a lot and they the house had been picked over and my husband went in, they let the grandkids in and said, take whatever you want.

Everything else is going to the goodwill. He got grandma's spoon. Nobody thought to take the spoon. He went straight to the kitchen and he got the spoon.

And then, of course, and of course, everyone in the family was like, why didn't I think of getting the spoon? And so we cook with this all the time. It's the best spoon and it's so full up, so little things like that matter.

But I love that it's stainless steel and it makes noise like it's just it's loose, you know, it has those little. But I love it. Okay, so that's about cookware.

I just want to take a quick talk about water. Can I actually jump in on that? Laura. Yeah. You know, I think the other thing, you know, let's say you do have maybe you're not ready to make an investment on completely changing your cookware.

I think also, what's so important and, you know, your ladle there, is proof of it is just having, you know, all stainless steel, a 20 just to, my gosh, spoons or serving spoons and stuff, but also the wooden spatulas, you know, because and you said you don't have that plastic spatula when you are traveling, you know, wooden spatula when you are working on certain metal surfaces.

I think that's really important. Wooden spoons. I mean, I think wood is really, really forgiving and obviously natural in that way. We have lots of wood in kitchen this because I just fun showing some fun stuff.

This is an antique and this is actually used for a couple things. It tamps down vegetables when you're making your own kraut, when you're pushing the cabbage down and in the canning jar.

So here's the canning jar. Look, it's just, like, perfectly. So you can tamp down your stuff if you're making your own kraut.

Travel coffee, snacks, and pantry swaps

It's also a good potato masher. That's so great. Oh, Laura. And you turned me on to this talking about, like, Tupperware. And you, you show those nice glass type of ways, but you also use those, the glass containers, right?

You use them not just for drinking, but the, Oh, my gosh, the canning jars. Yes. Thank you. But, you know, and it's great because we think of Tupperware, we think of like, flat science Tupperware.

But if we take up some vertical space, it's a real practice goal. Way to create more space in our refrigerator. Why not just store a small bit of leftovers right in that.

Exactly. And I drink my water out of this because it's big and I and I talk to refill it often. There's only two things I drink water and coffee. And so this is all day long.

I drink multiple of these all day long, and I'm home a lot working right. So you'll often see this on my desk. But canning jars are so good. Okay. So the next thing I want to talk about is my coffee situation when I travel so recently.

I don't know if people are aware of this, but recently hotels have started taking those coffee pods out of the hotel rooms. So I've stayed recently at several hotels when I've gone to conferences where there's no coffee pot in the room, and that is so they make you go buy it from their little coffee shop down in the lobby.

And or they make you buy it from room service if they even have room service anymore. And the other thing I will say is, if there is a coffee pot in the room, it's usually a egg.

And now you're pushing your coffee through plastic and, you know, potentially getting that. So the best way to make coffee is actually in a press or, you know, stainless pour over and I'm going to show you what I do.

This is how I handle coffee. I travel with this. So the first thing I do is I bring this with me. So this is a pour over. It is a little, what do you call it, a filter.

It's a fine, fine mesh. It sits right on the top of a coffee cup. I always have a travel coffee cup with me, so now I just have to be able to heat water.

And if I. If they don't have a good coffee pot in the room, or if I don't want to use one of their plastic coffee pots, I need to be able to heat water in the room, right?

So there is this amazing little you have answer. This is a, this is a travel water kettle. And, it is it is made of, of just just escape me the name of this, material ceramic.

No, it's the plastic stuff that I just said was okay on the spatula come. Silicone. Thank you. It's silicone. And it it collapses like this, and then this little handle comes off, and it fits in this little case, and you right in your suitcase.

Right. So it heats water so fast, and and this material is safe. It does not. It's not toxic. It's not like plastic. So silicone medical. Kitchen grade. Food grade silicone is safe.

Where did you buy that? I bought it online, and it's made by this company. Let me see. It's called. I can't read it. Well, LaToya, l o u t y tlu ello u t so lout y t u o.

But even if you just put, travel, travel, you know, travel water kettle into Amazon, you can find it. Sure. Silicone travel collapsible. Yes, you can find it comes in different colors. It's fine.

The other thing I travel with is a little battery operated. So this is a little blender. You can see it has the little yep. This thing works really amazing.

It's rechargeable. It's really loud. So I'm not gonna turn it on. But I travel with my protein powder. So here's my bone protein. My designs for healthy, pure paleo bone protein.

And then all I need is purified water to put in this, and I can drink this for breakfast or for a snack or something if I'm in a hotel and conferences and stuff.

So I always travel a little with my protein powder and this and, what's that brand? This is pop babies. Pop pop babies. Yeah. There's a there's a whole bunch of different ones.

Again, I mean, Amazon, you just go and type it in and there you'll find a whole bunch of different kinds. So those are my tricks for travel. And then when we're talking about travel I travel with meat sticks.

So Archer Farms and these are also snacks in my house. This is grass fed meat. It's preservative free. It's fantastic. Another brand is chomps. Yeah. It's excellent.

My daughter likes to take these for snacks, too. I'll travel with individual almond butters. So this Barney butter doesn't have any sugar in it, which is really hard to find.

It's really hard to find nut butters without sugar, but they come in individual little packs like this. And, Oh, the coffee that I bring with me. So I bring life boost coffee with me when I'm traveling, and I drink it at home.

This is a, mold toxin, micro toxin free, clean, low acid coffee. And it's wonderful. Like boost. I know you've got some snack tricks with you right now.

What have you know, I do, well, one thing is for sweeteners. You know, sometimes some people like the monk fruit. Some people don't. And, you know, Laura talks a lot about, you know, when you're really feeling in a pinch, just have a date.

And so this is awesome. This is a date sweetener. It's, by a date lady, but, you know, I bought this when people really weren't having it. Now, I've since seen lots of date sweeteners.

Just make sure that basically, that it's minimal ingredients. I think the only ingredient is, dates. And this one, if I remember it, should just be dates and water or something like that. Maybe.

Maybe water, but just. Yeah. And it's either one. And speaking of dates, you know, I always have them because they're amazing snacks. If you having a sweet tooth, they taste, they have the texture of caramel, of eating a caramel.

And they're so sweet and good. I mean, dates are just incredible. They're they're underrated. People don't realize how amazing they are. And then, Laura, I don't know if to hug you or not or get mad at you for this, but Laura turned me on to this huge brand, and, these are cashews, covered in chocolate, but it's really minimal.

The amount of sugar, it's very clean. It's a very clean product. And once in a while I'll treat myself to that. So. So here's their chocolate gems. I have them too.

And they also make they also make crackers that are clean without seed oils and without grains. They're made from, they're really clean. They're nut grain free.

This is a wonderful brand. It is not sugar free. It has coconut sugar. It will spike, you know, an insulin level and blood sugar levels. But it is a nice snack if you need one.

It just cuts the the snack attack right. My other chocolate that I always go for is, designs for health chocolate. This

is their radiant. This one is for, hair, skin and nail formula.

And it comes like this. Individually wrapped little chocolates. This is amazing. You can find these in the shop on my website. It is, chocolate. I always feel like when you have to unwrap a chocolate like that, it feels a little bit more decadent.

This is pretty fancy. It's pretty fancy. And, yes, this one I found. And I was so excited when I found this that I. I immediately took off. No, I actually took a little Ziploc bag, filled some up and shared some with Laura.

It's this keto granola, and it's super clean and it's ingredients. I think it's got some flour, seeds, pumpkin seeds, coconut chips, almonds, pecans. And then the sweeteners are resveratrol and monk fruit extract and then butter, blueberries, cinnamon and salt.

And you can buy this at Costco. And it's so delicious. What's the brand. It's I don't I'm assuming the brand is new trail trail. Yeah. New. Yeah. Yeah.

So that's been it for me. It's amazing. Well this is fun. Oh, one more one. Yeah. You got another one. Oh, God. So I'm my husband. I'm so thankful, you guys.

My husband is jumping on the bandwagon and changing his diet and just got a diet test from Laura. So I'm super excited. And one of the habits that she has is having chips at night.

And I'll make homemade black and it's delicious. But I've found this jam there. They call them hekima tortillas. All it is is, slices, thinly sliced slices of up, and they're basically the sides of a tortilla.

And so we just lathered them with rock and roll them up. I sprinkled a little salt. And it was to die for. That's so good. I'm so proud of him. He's doing so great.

21-day energy reset program

Well, I think that's it. We've toured an awful lot. We talked about an awful lot. We gave everybody a ton of brands to think about. This is always one of my most fun and favorite things to do.

So thank you for sticking with us and watching this fun video. It's always it's great, I love it. Thank you, Daniela for playing. Thanks everyone. Yeah, so let's tell everybody about how they can get oh yes.

With our videos captured after the summit. Yeah. Yes. So, you know, Laura has created this amazing, amazing 21 day journey to support all the viewers of the summit.

And the idea is that this journey is going to help people become energetic and help them become this focused person that they want to be, so that their energy and their focus matches the level of their ambition.

So Laura, really, really quick before we end this, can you share a little bit more about this program and how to get access to it? Yes, this is a guided journey journey.

It includes two live group coaching calls per week with me over 21 days. That means you have six touchpoints with me as you implement the strategy strategies that I teach.

During the course and of course, some of the things we talked about here, you got to jump start, right, because we talk about clean, healthy living and what you should have in your home and what you should not have in your home.

You want to wake up each day feeling purposeful and energetic. You want to have sustained focus when working on important tasks, and you want to keep up with your family mentally and physically.

It's what I hear most of the time from my clients. So we'll teach you in this class what foods to eat and what to avoid. You'll understand the sleep, the role that sleep plays in your cell recovery process.

And we'll help you build a personalized plan to get the amount of sleep you need. And if you live in the United States, the program will also include optional curated supplement protocols to speed up the process for you.

And you'll have that feeling of purpose and energy. And I've put together the best products on the market to give you the fast results and simultaneously set the foundation for long term healing, because I'm interested in you having long term results.

So everything that I do, with supplement protocols and in this course is foundational work so that you can get rid of inflammation, leaky gut, chronic symptoms, fix and repair your mitochondria, and you can go to Easy Energy reset.com to learn more and get access.

Awesome easy energy reset.com. Beautiful. All right. Well thank you so much Daniela for being here. This has been fun. You enjoy the rest of your day and everyone else make sure that you're taking in the whole summit.

Find your practitioners, find the people that resonate with you. Find the resources that you need that are going to help you with your journey and your unique set of symptoms.

You're all here watching for a unique, personal, particular reason. So find those people that are going to support you and connect with them. And until next time, take good care everyone.

Bye, Daniela. Bye bye everyone.