From Deodorant to Dish Soap: The Hidden Chemicals You're Exposed To Daily Transcript

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Opening and podcast introductions

One of the most toxic things is the plastic in the kitchen. Cause we have plastic utensils. No, no. You want stainless steel, bamboo, silicon. I think silicon's a little bit better, but nothing, nothing like the dollar store plastic.

Utensils again, you're putting that in your food and you putting in that, in you know, your pots and pans. Welcome to the Holistic Truth podcast. And I'm Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically. with real proven strategies, protocols, and tools you can use in your practice today.

Hello, everyone, welcome back to the Holistic Truth, your number one podcast for health and wellness. And we're going to focus on mind, body, in spirit today, I'm your host, Jamie Dorley.

I am the CEO of Nutritional Frontiers, where we run a mission. That mission is to make your world and the world healthy. Today, we are really excited because we have an incredible topic.

Before we get into that, I'd like to welcome back my co-host all the way from Tampa, Florida. Just got back from the state tournament in tennis, and I heard it was below zero down there, even playing ice hockey outside.

Welcome back our Chief Growth Officer, Christine Genovese. How are we doing, Kristine? I'm doing great, Jamie. I am proud to report I did not come back with Frostbite, but yes, That cold in Florida, it was in the twenties.

Toxicity in the modern world

They were saying it with the wind. It felt like 18 degrees. I was like, okay, this is ridiculous. What are we doing? They canceled a ladies golf tournament, yet we still had to play our tennis tournament.

Was that saying about them or what's that thing about you? Exactly. Lunacy. Welcome back. We're excited to have you on the show as always. This is a topic that's near and dear to us, especially this time of the year, and really this whole issue with swimming in the sea of toxicity.

As you know, being the creator of The Soul Intelligence Method and award-winning author, You know, toxicity doesn't just present in our water and food anymore, but as you would explain, in the emotions.

So I can't wait to talk about that today. Well, I'm really excited to get some practical tips because every time I think about is my home a good clean space for me to operate in or not, I need to call this lady.

She is the guru of toxicity and how to get it out of your home. Dr. Lisa Kellerman, welcome back. Welcome. How are we doing, doc? We're digging out from our two feet of snow, but I'm loving it.

More snow's coming. I can't wait. Oh my gosh, did you hear about that groundhog? You're getting more winter. Did you see my Facebook post this morning?

I have not been on Facebook. Tell me, what does it say? Oh, it's a picture of me when I was two years old shaking the ground hog's hand. Get out of here!

It was on our Butler Eagle front page in 1960. The Butler eagle? Yeah, our Butler Eagle newspaper and my dad had taken, got a groundhog and stuffed it and he put sunglasses on it.

And it was standing up and I'm like in my little snow suit with my big blonde hair and cheeks, you know, with little white muff and i'm holding his hand.

Oh my God, I definitely checking it out and that sounds stinking adorable. I love it! I love it. Well, we're glad to have you on the show, Dr. Kellerman, and I was thinking back this morning in preparation, I remember exactly the day I met her.

We were introduced by Dr Dan Wagner. He says, oh, do you work with Dr Lisa? I said, not yet. You know, I went in and it's your facility and you know I think the reception was never warmer than when I walked in to see you guys.

You and your team and staff and facility. Christine, we've been there a couple of times. When you go into their place, even their clients and patients, you really know that they're a blessing to the community.

We met your husband, Rock, many times at our events and, you know, even some of your other family members. So we know you're really busy and we appreciate you coming.

and join us on the show because toxicity is a big thing you see in your clinic. And in fact, you do not only the naturopathic medicine, but the NAIT, the allergy elimination technique.

So we're so excited to dive right in and learn from all your experience. As I would say, we were swimming in the sea of toxicity.

Sunscreen and body care products

This goes all the way back to the early 80s. You remember the xenobiotic study? They looked at the EPA, over 33,000 people in 44 cities. They wanted to see Christine Are people showing these toxins?

And they took a sample of the adipose tissue, the gluteus maximus. You know what that is? Yeah. My very frozen dairy air. I think it's just warming up now.

Yeah, the butt fat. So why would they do that, right? It's like, why wouldn't they take the adipose tissue of the but? Well, yep. I was at this seminar, this PhD, and we were just starting Nutritional Frontiers down in Florida.

And he talked about how DuPont in the 20s started with all these chemicals and plastics. We've been exposed to five generations of toxicity in only two.

Our bodies can't even keep up with it. And that xenobiotic study showed that 33,000 people, they all had 100% of the top five known carcinogens, plastics, solvents, oxides, perfumes, and heavy metals.

So obviously it's gotten worse in the last 40 years. And I think one of things that you educated us on, Lisa, was that a lot of these things people don't even realize.

You know, last night I was watching some reels and Charlotte Gerson, from the Gersen Institute, One of her old videos popped up and she was talking about all the lotions and creams and deodorants.

She's like, just because you don't ingest it doesn't mean it's not getting in your body. And I know this is something you share with me. So it was perfect timing to hear that again from her last night.

Oh boy. Oh yeah, that's a big topic. People don't understand and you know, you can't go gung ho and just try to change everything. So I tell people just go slow and change things as you run out of your products unless you really want to, get rid of them.

But you have to realize that everything you inhale ingest, put on your skin, spray on you hair, wash your body with, everything. Everything is so, so very toxic now.

So we're gonna go down, you guys want me to start? Go down the rule? Yeah, let's start with something simple. Of course, we don't gotta deal with this in Pittsburgh right now, even though it's sunny out.

But one of the things I always go with people with is starting with sunscreen. You know, we were sold a bill of goods on this one, Christine, right? This is going to prevent skin cancer.

And in fact, it actually can increase your risk of skin cancers. They're even saying all the chemicals in there are obviously absorbing. So maybe that's a good one to start with because I'm getting ready to go back to Florida.

I'll be out in the sun this weekend. And I don't really use sunscreen. If I do, I try and get something natural or I put as little as possible on. So what are your thoughts on sunscreens?

Because people, man, they tell them to reapply it two and three times in one day. Chemicals. It's a toxic chemical soup. I Don't use it and you can tell I'm very fair.

The only time maybe I use some and I get an organic one is when I go to Florida and see Christine. But, you know, because the sun is hot down there and, I can get a little bit too much, but you want to try to build up your sun.

Like we have a camp and we go every weekend starting in the spring. And what we do is we just don't use sunscreen. Build up our sun exposure slowly. You know, and that's what you need to do instead of putting all these toxic sunscreens on your body.

I see people just slathering it all over them and you can even make your own. You can go and Google all natural sunscreen and it's a combination of. Yeah.

Like coconut, coconut oil has a little bit of a natural sun screen. Mix it with shea butter, mix it was some citric acid. Dr. V is going to. Another use of coconut oil.

It's also edible. So if you get some on your skin, it's okay. Oh my goodness. Here we go. But it it something that nourishes your and puts the vitamins in there and then has some natural sunscreen too.

That's fascinating. I used to make it, but I'm too busy to just to buy the little glass jars, like little canning jars but they're little, and then you mix up everything together and you pour it in there and put it into the fridge with your lid on it, it hardens and it's wonderful.

I'm sure it would smell really good too. Being Italian, if you eat a lot of olive oil, you ingest a little olive, cook in olive oils, your foods, Your skin won't burn.

So I've been testing the theory because even though I'm Italian, I also have the Irish skin. I am always under the umbrella, right? That's a big thing with me where I got a hat on.

And I've been testing it, and I have gotten a light redness to my skin, but not a burn that hurts. So I'm starting to wonder. I think we were sold a bill of goods.

Do you want to know what the best olive oil is? Sure, tell me. Oh, I been researching olive. All right. Tell me, mama. Moroccan. From Africa. From Morocco.

That is the highest polyphenols. So a lot of people want to take it internally. You know, that's a big thing going on right now to takes some olive oil internally and that so Moroccan olive.

Shots of olive instead of tequila. Brock's been trying it out. He's doing a couple of shots at night before bed. Really? calm your nasal passages. So, you know- So less snoring?

Uh-huh. All right. Sign me up. The anti-inflammatory for the nasal passage. Plus, it's a lubricant. It's an anti inflammatory. Love a great lubricants.

Yes. Yeah. That's good for your hair, your skin, and your nails, everything. Well, good to know. Since we're on body care, Dr. Lisa, why don't you go through some of the toxicity related?

Because I don' think people realize that. I remember a while ago, there was this doctor in Florida, Doctor Urshon, I think is his name, and he's like a total weight loss guy.

And he puts you on such a ridiculous, low calorie diet, then he tells you to eliminate all of your body products. So I was like, wow, that's pretty extreme.

Hair, everything, you had to buy all natural everything kind of stuff. So why don't you tell us why and what you recommend.

Kitchen toxins and cookware

Well, there's a lot of chemicals in your skin care, your hair care and your makeup, hairspray, mousse, body wash, shampoo, all of those. A lot are called sodium lauryl sulfates.

They're foaming agents. You know, so you really don't have to foam up everything. If you have some, you know… I like castor oil. Castor Oil is like one of the greatest makeup removers there is.

Caster oil is coming, finally coming back into vogue, I should say. I think more people were just starting to look at it. You know, for, uh, I use it for…

We sell so much of it, it's unbelievable. But I used it on packs for people's pains and things, but, depending on our fasciitis, But it will help regrow your hair, your skin, um, eyebrows.

See my eyebrows? Eyelashes. Your, you know, I go to the hairdresser and he's like, what the heck are you doing? And he was like. You know? Cause he gives me some low lights.

He gives him some highlights. It does whatever he wants. And I said, well, like take beauty complete, it's essential nutrients for hair skin. Drink a shake a day.

Sometimes most of the time it is two shakes a. So getting all that protein. Castor oil you massage castor. Oil into your hair at night You know if you're gonna wash it the next morning and it will help regrow your.

Hair so there's so many good I don't need it Maybe I could use a little bit. So yeah, no seriously the beauty complete they always laugh But you know it helps hair skin nails and joints it hasn't helped my hair on my head of course But it has helped.

My nails quite a bit And my joints are great and I work out five, six days a week. So that's by Nutritional Frontiers, of course. And the great thing with that is that it's three products in one formulation and you only need two caps a day.

Yeah. Yep. Castor oil is something better that you can use. Beef tallow cream, we sell organic beef tallows cream. What I do is at night, I put the castor on my face.

fill my belly button up with it too. How do you like that one? Anti-inflammatory, anti-flammatory. So how long does it take to absorb? I mean, without making a mess in the bed.

Hey now, easy. Yeah, it does. It's a great lubricant too, so there you go. Yes, who cares? Honest to God. I'm learning so much. What do we need to look at in terms of eliminating the toxicity for the products like makeup, hair, those kinds of things?

Because I mean, I think the beauty industry made a lot. Well, the big one we always hear about is the aluminum in the deodorant. Can you comment on that a little bit?

I guess people are shocked when I tell them that will actually affect your thyroid, it'll be absorbed right through your skin. Where do you put antiperspirants?

Under your armpits. That's one of the hottest, moistest areas, dark too, that you'd put it. And it's right next, your lymph nodes are under there. So people put this toxic sludge under there.

And their newest research is like 80% of breast cancer starts with antiperspirants under your armpits because you're clogging those pores. That's a big one.

All right. So what do you recommend? Cause some of them, I've tried some other products and they don't work, right? Where the BO starts to increase. Yeah.

I gravitate back towards the other ones. Is there a brand that you recommended? I like the Crystallux. Crystallux is a mineral stick that was supposed to be the first inventor of the all-natural.

It's a deodorant. it's not an antiperspirant because your lymph nodes are under there. You need to perspire a little bit, but you don't want to smell.

So the Crytalluxe, what it does is it stops the bacteria from breeding. And that's where the odor comes from. Okay. Interesting. Is that like the tie stick we have at the wellness center?

Yeah. Shake it underwater and put it under there and shake it. And yeah, it's, fantastic. They're like a hunk of salt and they're mineral salts is what they are.

That's interesting. What do you think about native? Natives, I think that's a good brand. You have to look at things and you have look like, is there a dye in it?

Is there, you know, a binder? is or a filler? Are there some chemicals that you can't pronounce? You do your research because nobody's going to do that research for you.

What about hair products? Hair products are a big deal, right? I know not for Jamie, but for us too on this call. Right. Fragrances you have to look at too.

They put fragrances in everything. And most of the time, just picking on you today, Jamie. Today? Just eliminate today. Picking on me. That must mean she really likes me, it's not she wouldn't waste all this energy on herself.

Yeah, fragrances are a big thing you gotta look on in all your hair care products and all you're makeup and everything. You need to look at every product you are putting on your skin, spraying on you hair, spray you, you know, like perfumes, your body wash, haircare, mousse, gel.

everything, every single product you have to look at. Because here's one thing, Christine, when I was going curly like you and embraced that for a while, I can embrace it again, but everybody says your hair looks better like this.

I'm like, okay. But curly, you're going to have do it for me one time. Oh, we have it. We have lots of things. Rock likes it because that's when i met him in the 80s and I looked like him.

All right. When I was into this curly look, I started investigating what, how can I get my hair looking like yours? Because it didn't really look like that.

It looked like kind of like the beachy waves, but not like your's looks. I wanted that look. And so I looked into the method, it's called the curly girl method.

So I don't wash my hairs with shampoo. Right. And everybody's like, well you have straight, you do straight now. And I said, yeah. The more you use conditioner.

Now I found these body bars now, while there's one for your body, but there is a shampoo bar and they're a hard bar. There's actually a conditioner bar, and there all pure.

You wet the bar you rub it in your hand and then wash your hair with it. But the more I conditioned my hair, the curlier it got. Yeah. I don't want to get too far ahead because you mentioned so many different products you carry.

Can you give us a number of people can contact you at or your website? Because I think I'm going to go shopping today. It's 724-284-9162. And that's Lisa's Natural Path Herb Shop and Wellness Center in Butler.

Then our website is lisasnaturalpath.com. All right, let's go through the house. Okay. Let's start. Clean up. What do we need to clean up in the House to eliminate?

Your kitchen is your worst one because you could stay in that kitchen all day cooking if you're home. So, cookie sheets, aluminum. Another aluminum source, Jamie, is cookie sheet.

Wow, I didn't realize that. They cannot be aluminum because that aluminum is going to go into the food when you cook or bake with it. what do you recommend stainless steel stainless steal or if you have aluminum at least cover it with parchment paper yeah i was gonna ask you if that's a good solution okay well the other big one of course is uh teflon don right the tephlon stick pad i remember years ago i Was cooking something and my daughter was commenting i says I think it gets scratched.

I go, where do you think that goes? Right? Like, cause it, it's worn out over time and then you probably absorb that. Through those cracks, through those scratches.

Yeah. So you want to go with the ceramic cookware or glass cook ware or stainless steel cook, ware and pans. You don't want that toxic. Well, how do make sure that, you know, You get the stuff out of it.

Cause like, isn't it harder to keep those clean? Do you have like a secret to cleaning? I actually have a couple of ceramic frying pans that I use when I'm going to be browning things.

You know, so they're ceramic coated, everything comes out good. And then if you season your cast iron skillets properly, Everything comes right out of them.

Stainless steel is a little harder to work with for that. I used the pots and pans, but the fry pans I'll use the cast-iron or the ceramic. Wouldn't butter and olive oil help if your using that too?

So just one quick thing on olive oil. Olive oil turns rancid at a high heat. So you shouldn't cook with olive. Just use it on your salad or your face.

Okay. Well, guess what? This Italian girl is going to use her olive well. I can't do it all, but I'll try. Check out that Moroccan. If you can find the Moroccans one and it's not Italy.

One country, olive oil. So you know where it's coming from, like Spain, Greece, things like that. Right. Is the best. All right. If you are cooking, what kind of oil do you recommend?

Coconut oil? You can get the raw organic, unrefined to cook with if you don't want that coconut taste. Yeah. I like it. Yeah, we put a couple of tablespoons of the raw organic, no, refined is for cooking, unrefined is like we'd put it in our shake in the morning.

Oh, interesting. All right, so we're talking cooking. What do you recommend? Like, you know, if you got leftovers, what are you storing it? I was just thinking that.

Well, ask. Sam's Club has the greatest like 25 glass containers for like $25. Not plastic. Glass containers. No, they're glass with plastic lid. So you just don't let the food touch that plastic on the lid and don' break them, Christine.

She has a tendency to drop stuff. Okay. What about microwaving? Do you recommend microwavng in plastic? I don''t even recommend microwaveing at all. not a glass, nothing, no microwave.

I can't say it with a straight face, but I had one of my girls. You know what I actually have been using? The air fryer. Air frier. Yes. I have a toaster oven that has an air-fryer already in it.

It's all stainless steel. Thank God. All in there. How do I clean stuff? No toxic plastic sponges, no toxic, plastic brushes, all those micro plastics are going on your dishes.

your dish detergent and your Dishwasher detergent all needs to be pure, needs, to, be, pure again. Cause if you don't think of the little birds and the, little animals that that's going into the water and you're hurting our soil and our water.

And you know, so it's not just you. I heard Dawn, Dawn takes like, you, know oil out of ducks and stuff. So that,'s, not good for us. They, they use them for, and they have the Exxon Valdez.

Yeah. You know I have ducks.

Laundry, bedding, and EMF exposure

I know. I got eight little ducks and they're my little babies. Oh, no. Dawn is one of the most toxic, toxic. They just email with a new research paper on cancer causing.

The blue dawn. What? I have it right here in my kitchen. Because that's the one that cleans them the best. Yeah, because it's a degreaser. Yes, that's why I like it.

What do you recommend in its place? What would you use, Lise? Well, I use the little bars. Remember I was telling you about the soap bars you can get for your shampoo or conditioner?

We have a dish one, and you put the hard bar in a little dish and then use a bamboo brush. So no plastics. And you just wet that, put it in that little, and then wash your dishes.

Even when I think I'm doing good, you give me something else. I know. Like, I got to double up my cleansing out of ketchup here because I've got Dawn over here, got the deodorant going in the back.

Oh my gosh. That's all right. Change things slower. Just change things slow. But one of the most toxic things is the plastic in the kitchen. Cause we have plastic utensils.

No, no. You want stainless steel, bamboo, silicon. I think silicon's a little bit better, but nothing, nothing like the dollar store plastic. Utensils again.

Oh no, you're putting that in your food and you putting in that, in you know, your pots and pans. Well, let's move on to laundry, because in my house it's laundry day on Mondays, apparently.

My mom snowbirds with me and she's got a routine. That's part of her routine, Monday she does laundry. Now, I am a good steward. I buy my dish liquid and my laundry detergent from a company called Melaleuca because they sell non-toxic products.

So, she's making a fuss. I didn't like that. Hold on. Let's hear it, doc. Okay. Those I thought I was doing better. But I just saw a research paper on Melaleuca.

So I'm not sure. Haven't read it all. Yeah. What about, seriously, what about Miracle Two Soap? We've carried it in the Wellness Center for years. Is that any good or no?

Yes, I love Miracle Two soap. That's what I use as my body wash. Yeah. I just put a couple squirts in the bathtub

and wash with that. And my husband squirt it on, you know, wash rag in a shower.

We use, we use Miracle Two. It's a pure, I don't use it in my face because you're not supposed to use any kind of soap ever on your face. Oh, are you not?

No. Maybe that's my problem. Castor oil. Isn't that really nice? More oil. I love it. More. All right. So we're going to wash clothes today at the condo on the beach down there.

What should they be using? Natural laundry detergent. And you know, you can make your own with borax and salt and all my husband does. Yeah. But I buy these little lawn.

I'm not going to admit. Just buy an organic, all natural laundry soap. Well, that's what I thought I was doing. Got me scared. Now I got to go read the bottle again.

Yes, you better just to just be safe. Rosie is the company that we use for our dishwasher detergent and our laundry detergents. Yeah. Do you ever hear of Thrive?

Thrive has a big online market and they have a lot of good natural things. Thriv and Rosie. Okay. Check, check. Rosie has these new little sheets out and there's just one little sheet and that's your laundry detergent.

So how good is that when you're traveling to take out with you too? They're like a little box. It comes with a box of like 60 sheets in there. Okay. That's for laundry or for the dryer?

No, this isn't a laundry sheet. This is a wash. this is dish or a, laundry soap little. Oh, okay. Cause I would never use the drying sheets. Even I know those are no good.

Wool balls are really good and we carry soap nuts. Those are another natural laundry detergent. Got wool balls and soap. Nuts. You've got them all covered here for doing the laundry.

So you know what you do, Jamie? You wash your laundry in your balls and you dry them, or you wash them in you're nuts and dry in them your ball. Oh, perfect.

I got it all covered. You guys are killing me right now. How you remember what I need to buy? Soap nuts. Now you're speaking my language. I understand.

Okay. You're killing my nuts and drying my balls. Whoa balls are the greatest thing to dry your laundry with. Happy Groundhog Day. All right. Wool balls, the natural oil, again, in the wool balls helps dry the laundry faster and it softens it naturally.

And you can even put like a little lavender or a tea tree or an essential oil on the wall balls. Then the balls help the laundries dry faster too. So wool ball are wonderful.

Amazing. All right. So we got the kitchen, we've got, the laundry. What about bedding? What's your stance on beddings? And the bedroom. Place in the bed room.

Okay. Linen sheets. Have you heard of them? Where we go? Yes. French doesn't sound very comfortable. They are, they're soft. The more you wash them, cotton, soft cotton.

Well, organic cotton or organic bamboo, but the French linen sheets. You didn't say French, that makes it French. French Linen. They're not even that much more expensive than good sheets, they really aren't.

But here's the thing, our body vibrates at a frequency, right Christine? Which certainly does. Okay, French linensheets vibrate at the same frequency.

Interesting. I might have to get those. We're making a note. You got my attention now. That's that energy medicine

of healing and relaxing the body. Oh, that's really interesting.

They have, they have be a hundred percent linen because there are a lot of junky sheets out there. Cause I would imagine. All right, so we need to make sure we're vibrating properly in the bed with the French linen sheets, correct?

But I mean, truly, there was something else I heard too. What's really popular, I've seen it online a lot lately, are the grounding sheets. The grounding mats, all of that stuff.

what's your stance on those? I don't do it. I haven't tried it, and I have clients that say they help. My concern is I know you plug them into the outlet, but you don't plug him into their regular part.

You just plug it into that grounding part, But with the electromagnetic frequencies, I just don' know. I haven't done enough research. Now ask me about my vibrating platform.

Yes. Your vibrating bed or separate from the bed? No, it's a little platform that you can exercise on and it vibrates. I know, I love it. But I would rather go outside and ground naturally.

Because you know what, Dr. Lisa, one of the things you also said is most people don't use an alarm clock anymore. They use their cell phone and their cellphone's right by the bed.

How bad is that? That's really bad. So that's another category we're on, you know, which is the EMF. What can I do to lower my EMT exposure? Because a lot of people are having sleep problems.

Remember when I did that, webinar Jamie down at Nutritional Frontiers? Yeah. You're talking right to me because I just wrote EMMF on my book and I remember you told me that.

I didn't listen, but I I'm honest, right? No, seriously, because I do listen to meditation at night and then I got the phone there and I find myself waking up every couple hours and this could possibly contribute to it.

It's supposed to be at least 8 to 10 feet away from your head. and I just put it in the bathroom. That way it's not near me. But if you have, think of that, even like your alarm clock, if he used to have an old alarm, clock like a digital alarmclock, any kind of a clock that plugs in, that's EMFs too.

So it not just your phone, but your your is the worst one. And then a lot of people- How about all those little white boxes around the house? Are they good for you?

No. Alexa, play Stevie Nicks. Yeah. I know. And I have them. Uh-oh. You know what? Oh, she just heard you. Oh. Yes. She's changed my life, but I turned my wife's eye off at night.

That's a big secret. Turn your signal off. At night? Yeah, I want to get it back on. You read my mind? I couldn't get it out quick enough. How do you turn it back on?

How did you turned it off? He'd pull a master switch and no lights would go on. There'd be no internet. He would have no heat. Hey, who needs heat? It's minus 10 degrees here, it's okay.

But think of the people that have their laptops in their bedroom or, you know, their phone and their Alexa's and they're, they are clocks. That brain cannot shut off because it is so being inundated with all those EMFs.

What if you turn those things off? and they're in the room if they are off. If your Wi-Fi router is still running, you're still putting it out. So just unplug your router.

Wow, there's a lot going on in our world right now, seriously. But you know what? Sleep is a big thing. And sleep is big issue with a lotta people. So, they don't realize that.

Even when they're running a microwave, I'm like, okay, you can run your microwave once in a while, but don' stand next to it, for gosh sake. Looking inside of it?

Yeah, waiting for it to heat up. Yes. Because we don''t see it. It's kinda like with God in out faith. Yeah. You think if they don't see that microwave, that the EMF sits at, or from the phone or, from, the laptop or what, then it's not doing anything.

Gosh, have some faith. Well, this is great. Cause you know, you talk about all these things we don' think of. I think people understand the food could be toxic, right?

The water can be, toxic. But you, know we, don''t think about, all of these other chemicals, those little earpods. I don't wear those and I was thinking of Christine today because I just saw a video on this.

There's wireless? Yeah, no good. So what happens? They've got to go through that EMF frequency. And what do they do? That's what's going on. Right in your brain.

They have so many pictures and they have much research on your brains without your cell phone, what it looks like. Within like two minutes of you holding your phone up here, I put it on speaker.

What about the, um, I wear the look like ear muffs, like the over the ears, you know, headset, the old school one, any better? If it's wireless. Oh, good.

If its wireless, it still electromagnetic free. Still doing the same thing. It's just, those set my ears better. That's the only reason they're better, so.

Well, you know, one of the things I always focus on is like, what about the toxicity in your home that comes from people, right? Like how much that adds to our stress or our emotional toxicity.

I think we all have to be really conscious about who are we around, first of all, or when you see that person's name come up on your cell phone, and you start to cringe, that's always the toxic sign.

The energy vampire. you know, do I have time for that person? I think it's also becoming a little bit more aware and having those self-care boundaries to include the emotional toxicity and the people that you're around.

But also, what are you watching? What are listening to? contribute to your life or detract from your live. And I also think we have to pay attention to those boundaries besides our physical environment.

So we talked about the kitchen, we talk about laundry room, the bedroom. What else? What have we not hit on your list? Besides our bodies, right? We talked a lot about self-care and beauty.

Yeah, what are some of your strategies? I know that you do a lotta nutrition with us. You do the name technique. Maybe we give people a couple of simple strategies to follow.

Me, I do the shake a day. This is my second shake today. Double up the ketchup, right? Because I know when I did the super shake peanut butter with the chocolate greens by Nutritional Frontiers, You know, my mood's better, My energy is better.

I don't crave, you know toxic food or even food in general. And I know that it's like my insurance policy, I got my 90 essential nutrients in. That's a key part of my program for me, right?

Me too. So what shake do you like? My favorite is, so I know, ultimate shake, vanilla, with a scoop of greens, a scope of purples, scoop a reds, and a scoops of oranges.

Hey now, I got the awesome foursome there. Get the whole rainbow going. Well, listen, i'm teaching my three-year-old grandson. And he comes over and he wants juice and we don't have juice in the house, but he thinks the

nutritional frontier's colors are juice.

Well, I used to just give him a little Pro Reds in some water.

Detox shakes, nutrition, and closing advice

While now he sees all the colors there. So I give them like a quarter of a scoop, you know, probably 20 ounces. He's, I want orange's Momo, purple's momo, red's Momo and the greens.

He wants a quarter scoop. So teaching him at three years old, he is so healthy. he's our poster child for the green mustache on Nutritional Frontiers website.

I love it. That's a key factor in keeping him detoxified too from things because they don't eat perfectly. Nobody can eat and do everything perfectly, but he's getting some greens in there, so he is detoxifying.

My next shake will be when we're done here, I've already had one this morning and I have a powerhouse of energy, and that's the way I want it. I try to at least get everybody to do a shake.

One shake a day. If they want to… If you do one shake day after a month, you'll feel completely different. Amazing. And even when we travel, we take the shakes with us and we're always…

Christine's so generous. Yeah, me too. She brings them in the shaker bottles. So Christine, what's your shake today? Today I had a scoop of peanut butter, a scope of chocolate and chocolate greens and I Had made some shakes to take with me over the weekend.

So I already had them pre-made in a baggie So it took me just a few minutes to throw it in the shaker bottle and ready to go And now we have the ultimate shake plus which is the original ultimate Shake with the apple cinnamon greens, you know, pineapple, coconut, and it's in a packet.

So people that complain about traveling, they can do that. We have the shaker bottles. And speaking of being a little more eco-friendly, we have stainless steel cups and the stainless-steel shakers bottles, so we try and practice what we preach, of course, but the shake a day is a huge difference.

People are like, well, can you detox every day? I go, look, You need to detox every day in a healthy way, just like you gotta clean out your kitchen and your garbage every.

And I always tell my kids the best time to clean your room is when it's clean. Now, they don't listen, of course, but the. Best time they clean, your body is every and at times you can ramp it up.

You can do two or three shakes a day if you want to for even a. Day or weekend or even week if. If you wanna ramp up your cleansing. But I love the fact that even give it to your three year old grandson.

Well, I went to Ohio to visit a cousin this weekend because she'd lost her husband. So I wanted to stay with her for the weekend so she wouldn't be alone.

And, you know, we got up yesterday morning and she has all this potatoes and things. People brought her breakfast food. She goes, do you want any of this?

I was like, no. What are you going to drink? And I said, went back out and I had my shaker bottle and opened up my pack, threw it in their water and said I got my shake.

I'm all ready to go. Yup. I know. So this was really funny. Okay. hotel we were going to go to breakfast at. People are like, well, doesn't this hotel have the same breakfast?

I'm like what are we? We're in our 50s, we're gonna scam breakfasts at a hotel? Like I will meet you at the courts. I

got my shake, I am good to, go I won't eat that.

Lisa, this was going on the whole week about where are they gonna eat breakfast. Hilarious, hilarious. Have you people learned nothing from me? So it was really funny.

I know. Well, we also have the global detox going on right now where we're encouraging people to actually do our detox program, which is the ultimate shade greens and our live complete, right?

That's the wonderful detox kit. And we are helping people and providing coaching. If people are interested in that, they can certainly go to nutritionalfrontiers.com and ask about it.

as well as join the Facebook group and get coaching each week to stay on track. And, you know, the beginning of the year is always a great time for somebody to consider detoxing the physical body.

Well, we're breathing in, We're ingesting, were drinking. The body can't handle it anymore. Body cannot handle all the toxins we are taking in. You need to do the global detox.

At least, in my opinion, two times a year. That's my opinion. Do you recommend the detox? Yeah. When and how long? Yeah, shut up. 30 days. I like 30. Really?

Whoa. Yeah I do. That's intense, man. And how many shakes a day do you do, Dorin? Is it two a, day with a meal? Mm-hmm. Because you have to be considerate of people.

They're used to eating three meals and to get them to just go three shakes today is like, mm-mm. I start them on one shake and then I said, you know, we're going to see how you like this.

We've got so many flavors and recipes now. So, and I get them one too, because I tell them I do too. If you want to be 68 years old and on no meds, then you need to do two a day, not one a week.

Wow. Unbelievable. Yeah, we were talking about this. You know, one of my friends is growing up. He's still a personal trainer. And he's got a lot of clients that follow the diet and do the exercise.

Some of them just won't get any results. So we met a couple of years ago, and I said, let's look at the diets. I go, number one, you have to get them off a regular chicken.

These chicken breasts that are like the size of a computer, they're no good. They're loaded with hormones. Right. Chicken has to be organic. beef has to be grass-fed and eggs have to organic.

So we created a kit for his people with the shakes and Probezyme and a couple other nutrients, Estro Cleanze, and the results were dramatic just by adding that in and cutting out the toxins in some of the foods.

People don't realize that What you eat eats determines the quality and you know, you can't have a little bit of toxins every day. You know if you have your cheat meal now and then it's one thing but the main staples, that's why I do so many shakes.

People are like, don't you it? I said, yeah. I says, but about the shake is I know what's in it. Right. And I what is not in. You know, sometimes you don't know about the food, you may think it's good, but unless you, and I always say too, go whole foods or go high end.

Because all the foods in the middle, it is the same people that McDonald's purchases from, because they dictate. They're the biggest purchaser of chicken, eggs, tomatoes, lettuce, across the board.

So don' go middle of the road because those restaurants charge you a lot and the quality is really poor. Dr. Lista, you know what I did for my mom and I a year ago?

I bought my own hydroponic garden for the house, for The Condo. And I have my eggplants and cucumbers and tomatoes and lettuce, and it's huge. It's like three pipes, like, well, I know plastic, but PVC pipes.

But it holds the plants, right? And so the water is what grows the plans and the plant food. It is so delicious when you're eating your own vegetables.

So even in a condo, I found a way to do it. Using purified water, right? Of course. Absolutely. No. We didn't cover that. Use an air purifier in your house and also filter your water.

I always learn how to elevate further with you, Dr. Lisa. If people wanted to get like Dr Lisa's room by room checklist, I feel like I'm talking to a book expert, you know, like how to feng shui your house for toxicity.

I swear to God should be your book. Where do people find you Dr? Lisa? Let them know how they can get a hold of you please. Okay, our phone number here 724-284-9162.

website is lisasnaturalpath.com. What's one of the most important things you can do is to buy a reverse osmosis water purifier for your house. There we go.

Happy birthday. I have a Pymag machine, so that did help. There you go, I do too at the shop here. See, there we go. I got a little something going on.

Yeah, you do. That's a good alkalizer. Well, I wanted to say thank you so much for all of what you've contributed in this episode. You know, i love that you have this really nailed room by room and what If you found value in this episode, I want to encourage everyone to like, comment, and share this with somebody who needs it.

And I know Jamie and I learned a tremendous amount today. So if you're interested, you are going to have to take notes on this without a doubt. Thanks for tuning in to the Holistic Truth Podcast.

If this episodes spoke to you, please follow the show and shared with someone ready to charge of their well-being. For more tools and practitioner support, visit NutritionalFrontiers.com.