Detox Basics: Sleep, Movement, and Stress

It's really cool. The cells sort of shrink down as you sleep, so there's more space for the brain to drain the toxins. It's really cool. So you have to sleep.

You have to move your body. Sweat. Sweat will cause you to get rid of toxins. Move the limbs. Move the body. Okay. And then don't be a stress ball because if you're someone who's constantly worrying, actively worrying about things, you'll shut your detox down.

Because detox isn't the behavior you do when you're running from the lion. It's the behavior you do when you've survived the lion, Chi. When you're in fight, flight, or freeze, or your fear, you're going to focus on survival.

Survival is not a detox behavior, okay? So detox is really what you do when your body starts to feel like it's thriving.

Introducing Dr. Wendy Trueba

And now you know how. Or are you. Doctor? So great to be here, Marley. And call me Wendy. Wendy. Wendy, thank you so much, Wendy, for doing this. This is such a great topic. It really is.

This is so, so needed. Before we get started, why don't you tell us a little bit about yourself? Sure. My name is Doctor Wendy Trueba. I am a board certified ObGyn, and I also I have my MD from Tufts and I also have my MBA from Tufts.

I graduated in 2000, so I realize I've been in practice for over 20 years, which is crazy. And I still love what I do. So I have a functional medicine practice in Newton, Massachusetts with my husband.

It's called Five Journeys and we just came out with a book on toxins called Dirty Girl. Ditch the toxins, look great and feel freaking amazing. And that's what we're going to talk about, right?

I just love it. And I love the title. I love the title because it is actually I, I see it back there. It was the first thing that caught my eye. Nobody forgets the title.

Nobody's like, what's the name of the book? Right. Dirty girl. Right. Great title. Great title. So how did you get into. Was this talks? In the talks and Dirty Girl.

How did you really get into all of this? Well, we I was talking to someone early, and we've decided that essentially, I am my own muse, so I.

How Toxins Affected Her Health

Because the next book is going to all be all about how not to be a hot crazy, which as you transition into menopause, as I'm doing right now. So more on that another time.

So I had all these toxins, and I was losing my hair and gained a bunch of weight and had a rash, and I wasn't myself. And I mean, I was already in functional medicine, so I had already been doing everything right around diet, no alcohol, no sugar, and taking all my supplements and blah, blah, blah and exercising.

So in theory, I should have been a million bucks. Except I was a hot frickin mess. And so I started to dive into what's going on and found that I was essentially the repository for all toxins leave, no toxins left uncovered.

So both lead and mercury, four strains of mycotoxins, a whole host of environmental pest, environmental, other.

You know so plastics, gasoline fumes, nail polish.

That was the first to go. Unfortunately no more done nails. And I didn't have glyphosate. That was like the one thing that I was so proud of because I don't eat a lot of grains.

And so I had no glyphosate, which was great, but I had pretty much everything else. And I went to my husband. I'm such a dirty girl. And then I went, oh wait, if I'm really such a poster child for healthy living, and yet I have this.

What does everyone else have? We need to get the word out. Hence the book. It's not that that is that. It's interesting. So. So tell us a little bit about environmental toxin and how it affects our health.

Okay. Brace yourself. They're everywhere and they make you sick. So having said that, there is hope. The goal is not perfection. The goal is improvement.

Leveling up. So for example, environmental toxins I mean, they really are everywhere. So you walk into your house and you're like, oh, I love that fresh, clean smell of my floors having been washed, right?

Those are toxins and they're not in your favor. Or you go and, you know, sniffing, huffing all of those things, those are all toxins that will impact your brain function.

Put your risk for cardiac issues. MTBE is an additive that goes into gasoline fumes. And I was quite high in this, which is why I always talk about it, because mine was really high.

And I said to my husband, we live in Massachusetts, so remember, it's cold here half the half the year. And I'm not a huge fan of cold. So I said to him, I'm not pumping my gas anymore.

He's saying, you just don't like the cold. I'm like, no, I have high levels of MTBE and it's an endocrine disruptors, and I don't really want to be exposed to that and the potential cancer causing agent.

So we're done. So for things like that it's really everywhere. It's all throughout. And so the goal is how do you identify those little areas of exposure and start to eliminate them, you know systematically.

Common Environmental Toxin Sources

Right. So what would you say is the biggest misunderstanding about toxins? I would oh, the one biggest misunderstanding I would say I of course. So I'm Jewish and we argue with ourselves.

Right. We're like invented debate basically. So on one hand, I will say the one of the biggest misunderstandings is that it's possible to get rid of all of them because it's not, you know, they really if we're living in this world, they're pretty much everywhere.

I mean, we're all addicted to our cell phones. Emfs where it's everywhere. The emfs are toxins for some people. And so that's one huge misunderstanding.

And then I think the other one is that, no, I think I'm going to stick with that one, that that's my favorite, that it's possible to be perfect. It's not so.

So other than the EMF, what would you say is the most common types of toxins? Yeah. So I think you have to categorize it. So within the metals there's cadmium lead and mercury.

Within the the mycotoxins which are the toxins that mold mold strains put out when they're in your body, that's usually Oka toxin, clear toxin, Aflatoxins or Al-Anon.

Those are the most common ones we see. And then the environmental toxins or the other. Because I guess you think about it, lead the metals in the mycotoxins are truly environmental also.

But the other category is all of our beauty products. What we paint our houses with, the stains we're using for for the floors. And, you know, we we did our chicken coop and I insisted on using a nontoxic stain.

And my husband's like, well, it's outside. What does it matter? I have a you're still doing it, and B or chickens are going to live there and they're making us eggs.

So I don't really want to eat eggs from chickens that are toxic either. So any of the stains and the VOCs and the paints, if you're doing construction on an old building, you're getting likely exposed to lead as you dust there's, the lead gets dusted from the paint that was used up till 1976, so it just starts to snowball.

If you take a close to the dry cleaner, you're getting exposed to chemicals that you then put on your on your body. If you wear clothes after buying them and don't wash them, there's chemicals to preserve it as it gets shipped from other countries so that there's no so the animals don't eat the clothing essentially, or moths don't get to it.

Okay. That's not in our favor. If you sleep in a bed that is not an organic bed, you're getting exposed to flame returns, which are a tremendous thyroid disruptor.

It just go. People usually stop me at this point because they're like, okay, I got it. It's terrible. But there is hope. It's fixable. There's hope. And it would take some it takes some mindfulness and proper attention.

So then okay, so if it's a if we can actually fix this, what are some of the ways that we, we can actually assess our risk exposure and also test some tests that we can actually do that can actually tell us what we have.

Okay. So nobody likes when I answer this okay. So when I when someone says to me I've there's kind of a couple categories. Either you've really done everything and you lead a great life and yet you still don't feel great or you can't lose that weight or your hair is falling out, or there's some complete right.

You're like, I'm doing everything right. And I'm still not so good. That deserves the toxins of all. And if you are someone who's then on the other side of it, super sick, and this is that, you know, one 1 to 5% of people for example, the people who come in and the woman has lost all the hair on her body.

Testing for Metals and Mycotoxins

That's, I would say, the end result of being super sick. Those are the people who really need a toxins evaluation or have tremendous body load of other autoimmune disease.

Even one disease is suspicious. But if you have multiple autoimmune diseases or Alzheimer's, Parkinson's, some type of degenerative disease, that's are, I would say the three buckets of people I would recommend head right for it.

Toxins evaluation and the it's pretty easy to do. It's not cheap it but it's easy okay. So they're all urine tests. The metals testing is a two part test.

All urine. And we use a provoking agent to pull out the metals. And I say to people, you're either going to feel amazing when you do that test. That means you got metals, or you're going to feel terrible when you do that test.

That means you've got metals. If you don't notice anything, we're not sure till we get the result. We'll tell you when we have it. But two out of the three, you have an early response.

You now. And then there's the mycotoxins, the other environmental toxins herbicides, pesticides, insecticides, glyphosate. That's the separate category.

That's also a urine test. You take like a glue bath iron for a week, do a hot bath, do the test. Not cheap, but easy. Wow. So so so it is. It is easy. Actually.

It's super easy. You just pee pee every day anyway. So. Right. Yes. So when you find. And what is what? Because I, I know for a long time it was usually a hair sample that you can.

I'm not a huge fan of hair samples because it shows what your body's naturally moving, but it doesn't show what you're storing, what you want to get at is what you're storing as the problem.

Plus, woman, we have hair dye so we can ask any woman to go without hair dye for three months to be able to do this, to do a hair sample tests. And yeah, we came, we came, I came after a month.

So I do you have to be honest with you, I don't dye my hair and I, I did say to my husband, if you really feel strongly that you have a wife who has hair that is not white, you need to get another wife.

Now, I just it's another source of toxins, by the way, to be a bad news bear. Why is there is a company in in London called overtone that is a more natural dye. You do it at home.

Anything you're going to get in the salon is, is most likely highly chemical. Really. I mean, hairdressers Glassblowers shipbuilders are like the three groups of people who are often very toxic because what they're exposed to in their daily life.

So I always say to a woman like, why would you tie your hair, your beautiful? Those hairs are a badge of honor. It's white hairs. You earned them as a female in this world.

You earn them, celebrate them. Mine are also like thicker and curlier. And then the rest of my hair certainly gives me some bounce right. And then. And then you're kind of toxin free.

Yeah, I would, I would say, if possible. I mean, the grow out. I know there are people who actually specialize in helping women grow out their hair from dye.

There are hairdressers who do that. They'll they'll match the color that you have. But if it's possible, I would say, yeah, don't dye your hair. All right. If possible.

Okay. The next time you talk to me, I will be a full upright and defeat. Beautiful just as you are. You're beautiful either way. Just like, be full of you, right?

Or just so much fun. So what? What is the the link between persistent disease? Maybe chronic things and environmental toxin? Yeah. I mean, there's a ton of environmental toxins, right?

So anything can make you sick. And I think we referenced Emfs. I've had patients who I say that I can never remember the name of this telescope, but there's a telescope, I think, in the Virginia area, maybe. No.

Virginia. Somewhere on the East Coast. It's Mid-South, and it has a ten mile radius where there's no there's no towers, there's no cells, there's no nothing.

It's a dead zone in terms of emfs.

Toxins, Chronic Illness, and EMFs

And I say to me, but maybe you should go on vacation there to see if Emfs are messing with you because you've done everything else right, and you seem really sensitive.

So maybe it's EMF. So that's an environmental pollutant. And then the link between environmental and chronic illnesses. Think of it as these are things that the body, the body can deal with in small amounts.

Okay. Think of it like toddlers. You could deal maybe with one toddler, but if you have a whole room of 20 toddlers and you're on your own, you might not be the highest functioning human being if you have a whole bunch of, you

know.

So that's a terrible example. Potentially. But but these toxins can be difficult for your body to deal with. And if you're exposed to them ongoing and it's cumulative and you haven't gotten rid of what you had the other day and now you're piling more on, it's very difficult for the body to recover.

And so what happens is the body shows signs a body to body acts out right. It's like a hungry, tired toddler. It acts out and you get symptoms. So that's either weight gain fatigue, brain fog, autoimmune disease, cancer, degenerative disease.

The body starts to represent it's upset in what we'll call a diagnosis migraines, asthma, anxiety I have celiac bloating gas diarrhea constipation fertility issues.

Whatever you want to say is your issue. If you've done everything right and you're still not really great, it hasn't gone away. And then toxins are a concern.

So you mentioned eat EMF, which is cell phone. We have them all day all day long. So people sleep with their cell phones. So EMF goes into your body and it does damage.

But p EMF which is pulsed electromagnetic fields, actually goes in and it repairs the damage. So it's it's amazing. It is it is absolutely an incredible thing that you can have a device in your house and instead of sleeping with your cell phone, you can sleep with your PMF in mind.

Do you have you? I know you have the super expensive one in your office. Do you have do you have one at your house that you sleep on or that you sit on during the day? I'm like, I'm not one of those.

I know, I know, we need we need to get add on board. He's got doctor Pollock's new book, so he's going to be an expert. He's going to be an expert. So I do have a full body system at the house.

High intensity, full body. And the one at the office is the same. So it depends on different conditions. The high intensity is, is is probably best, especially for toxins, high intensity best and a full body system is best because you are able to treat your entire body in a treatment session.

As you said, we have toxins everywhere. Yep. So this is great. I so quick jealous. I'd actually if you go to Doctor pollock.com. There's tons and there's, there's, there's actually articles on different different talks and different disease process because the toxins that that would be.

So the next question, what are some of the common disease processes that you have seen from long term environmental toxin. Yeah I mean let me count. How long do we have waste. Right.

So it really comes down into if you have autoimmune disease of any type, then that's very concerning for toxins. Hair loss is very concerning for toxins.

Cancer is very concerning for toxins. And I would say pretty much any type of cancer because think about it. Your HFR pathway, which is the methylation pathway, is also critical for getting rid of toxins.

The reason it's important to methylated is because to take hormones, for example, you're taking your estrogen. And in order to make it water soluble and get it to leave your body, you put a methyl group on it.

Think of it like a barbell. That's how I think of it. And you put it in the gut so you can poop it out. But if you're impaired at methylation, then your toxic estrogen form is hanging out in your body is like, whoa, I can't do it with you right now.

It need it requires a phase two methylation. And you then in the meantime, put that in your fat to store it because you can't do with it. Now these women say, I can't lose any weight.

I don't need anything. I exercise all the time. I can't lose anyway. And I'm like, oh, you got toxins unless you're perimenopausal, in which case you might have perimenopause.

But that's a separate issue. So as long as you peeled away all the issues, anything that people have, this persistent is concerning for toxins, degenerative diseases, Alzheimer's.

One form of Alzheimer's is linked to toxins. There's a number of different ways that can lead to dementia and degenerative disease. And toxins is a huge category.

Cancer Links and Environmental Exposure

So it really is kind of anything you say to me, I would say yes. So, so you you kind of touched on cancer and that's this is this is really such a big deal.

When we do consults, people call in to Doctor Polycom to get advice on a PMF device. We get a lot of cancer by cancer people. So to talk a little bit about cancer, and the link to advanced environmental toxin and tumors.

Yeah. So, so there's a lot of environmental toxins. So there's, there's thinking back from cancer and there's thinking forward from the, the toxins. So, so there are a number of environmental toxins that are that according to the World Health Organization, different different big governing bodies are clearly linked with tumors and cancer.

So for example, glyphosate, which is the most commonly used herbicide in the world, people know it as roundup in their yard. It's it's associated with a number of different tumors.

And so you can you can go sort of A to B. You're not allowed to say it causes it. But you can say it's associated with. And so there's there's like a wide range of of these toxins are associated with plastics associated with cancer.

And these a lot of the names I'm not using because you'd be like, well, I don't know what that is. No, nothing is listed as new or no, it's not listed like that.

So when you look at the downstream, the products, it's in plastics, styrene volatile organic chemicals, paints potentially all of these things can track backwards.

And so it kind of it's like a it's not causal. It's related. It's related suggestive like associated a. So yes. So now we we we kind of talked a little bit about the environmental toxin and some of the symptoms and different kinds of toxin.

What about treatment. Because, because now we know we have it. We know how to find it. Tell me a little bit about treatment and, and actually and nutrition and supplements.

Okay, Marilyn. So this is a huge question. And the first thing is perfection is not the goal. The goal is just leveling up getting better of. So let's think of it in two ways one, try not to fill up your body with toxins.

Meaning as you're running out of your beauty product, go to ewg.org. Get a better product. Get something that's better for you. My favorite beauty brand is Beauty Counter because it's there's like a whole list of like 1200 things they refuse to use, which is great.

And they're committed to better beauty. It's it may not be perfect, but it's better beauty. It's EWG certified. So as you're starting to run out of things, level up as you run out of your cleaning supply in your house, look on EWG dog going to say, is it the best or should I level up?

What about your laundry detergent? Level up. These are things right next to your skin. Your skin is a huge organ. It's the largest one, and it's a very good organ to absorb things.

So make sure your lotion is clean. Make sure your clothing doesn't have chemicals in it. How about your

dishwashing detergent? Anything that you're using your pans.

By the way, we have a free gift for the listeners because this can feel a little bit overwhelming. And so I'm pretty sure we gave you that. And we'll get to that link, if not so that they can have the guide to detoxing their life.

Treatment, Supplements, and Lifestyle Changes

Because you look at it, you're oh my God, there's everything I need to work on. Yes, I wish I was just going to ask that because I was like, and then I'm like, okay, I got I know, I see you freaking out over there.

I'm like, okay, we can, I gotta, I know, I gotta check, check my P and G and see what's in it. And then, then what do I do? And throw in all of my stuff from the house and then.

And where do I get the information? So yes, I've got a little yes five journeys.com/promo. It's a free guide to detoxing your life. It's actually not free. We sell it.

But for the podcast and summit people, they get it for free. So anyway, I've totally lost my train of thought here. You want it? Oh, so you want it. So can you.

We go back because I've gotten completely distracted. Yeah, yeah, yeah, yeah. We were talking about how what what kind of steps people would take because we were talking about supplements.

We were talking about things that people. Yeah. Thank you. So don't feel the pump level up on as many products as you can. I do think testing is really important, because I would not have known to stop pumping my own gas if I hadn't done that test to see, oh, I have really high levels of that.

So get the data so you know where you want to prioritize. And then then there's this stuff that I called the foundational or platform approach your food.

Ideally you want to eat real food Michael Pollan it right. Eat real food. Not too much. So and I always say people, it should look like itself if it's been processed beyond belief and you don't recognize it or you didn't, you didn't like if you took the cauliflower and blended it, fine.

But when someone else did it, not so much. So to really work on minimally processed, not that much sugar, minimal alcohol. That's the food, right? Mostly vegetables, some protein if you eat protein and minimal carbs.

Food, sleep if you don't sleep, you won't detox. You can't detox your brain unless you sleep the cells. Actually, it's really cool. The cells sort of shrink down as you sleep, so there's more space for the brain to drain the toxins.

It's really cool. So you have to sleep. You have to move your body. Sweat. Sweat will cause you to get rid of toxins. Move the lymph, move the body. Okay.

And then don't be stressful because if you're someone who's constantly worrying, actively worrying about things, you'll shut your detox down. Because detox isn't the behavior you do when you're running from the lion, it's the behavior you do when you've survived the lion Chi when you're in fight, flight, or freeze, or your fear, you're going to focus on survival.

Survival is not a detox behavior. Okay, so detox is really what you do when your body starts to feel like it's thriving. So that's why you have to take care of the platform of it.

And yes, of course supplementation. If you know you're someone who has a far mutation like me, you would take high dose, activated B vitamins so that you can methylation because you methyl methylated all day long, every day, every second, every nanosecond.

So you want to optimize the body so it can perform. And then and then you want to target the treatment for what

the problem is. So if it's heavy metals you're going to do liver support binders replacement.

If it's mycotoxins it's binders and sweating. And if it's environmental toxins it's glutathione nac B vitamins. Phase two support you're going to do. It's different depending on what category of toxins you have to target it.

Right. So if people had to eliminate stuff completely completely from their lifestyle. So not not just once in a while, but like completely I'm thinking nail polish in here and I, I'm not happy about it.

But what what what would your advice be. So I say you can't walk a mile in anyone else's shoes. And so you want to really prioritize for you. What's that thing that you know is not in your best interest?

So for some people and now a bed, you know, the the beds with the flame retardant is a huge source of exposure for people. So if you're in the market for a new bed, that would be what I would prioritize is level up on the bed.

So you get a bed that doesn't have flame retardants in it. It really you have to target the treatment to what people have. The low hanging fruit. Yeah.

When I got that report and I was high for those nail polish, I was heartbroken. I am a surgeon. I have precise hands. They don't shake. Every Monday I have a new color, a new design.

I really took pride. I did my own nails, drove my husband nuts because I did my nails and then would sit, you know, with with my hands outside the covers and lie down like a zombie at night and then try not to move for an hour or two.

Drove home Max. He's like, we can't snuggle. I'm like, no, I have to try my nails. So that was really kind of sad for me to not do that any longer. But on the other hand, don't feel the pot, right?

So that was something I prioritized because it was a low hanging fruit. I never dyed my hair so I didn't have to emotionally wean off of that. But I'll tell you mean weaning off nail polish was hard and I reserve the right.

If someone gets married that I'll put nail polish on, right? You know, like this isn't perfection. This is just try not to fill the pump most of the time.

But it's not about perfection. Okay? So some for some people it's going to be an ulcer. And the other thing is with mycotoxins, if you're being exposed actively to mycotoxins in your home, that would be a huge priority.

So often people who have water damaged buildings or a very wet basement, those are really big priorities because those are pro cancer causing and those are immune suppressing.

And those are those are going to really make you sick. So you have to prioritize whatever that thing is that you can handle. And that's most important that you're being exposed to.

So how how somebody just to detox you do you hear about charcoal and you hear about this and you hear about that insulation. But what are how to a person detox?

We do all of those in our practice. And what I would say is no woman is an island. Don't do this alone. You know, get a work with a functional medicine provider, get the data, get a plan, get a sustainable plan.

Right, because this is detox is not for the faint of heart, right? Like right. It's a lot of work. I started my process, started my process in April of 2019, and we are coming up on three years.

It's hard work. It's it's and you can do it successively or you can do it all at once, but it is something that requires, a lot of thought. So yes, all of the above collection binders, activated charcoal we use, we use well call, which is a cholesterol agent actually kind of randomly.

It's terrible for it doesn't work to bring your cholesterol down, but it's great for, for oak. And so we use it sauna therapy infrared biomass magnetic therapy, all of PMF all of these things are ways to move the toxins.

And so it really depends. It's targeted you know some of it we have to target the treatment for what can people handle. You know I I'm hard core. I was like I'm just doing all of it. Okay.

Well that's an awful approach. If you're overwhelmed. Right. And if you don't have any family support, like I have a lot of family support, I come home, I do something, and they know I need ten minutes before I can eat because I got a week. I don't just took my thing.

So it's you really need to design the treatment in a way that's going to work for you. Only one size fits you. So, so we we have protocols. But I always say to someone like, you're a sensitive soul, I'm totally I'm totally tweaking your protocol because what fits that person is not going to fit you.

You're going to be sick and the goal is not sick. The goal is better, right? Right. So so it's it's it's like the EMF. When we tell somebody to start PMF high intensity PMF, you gotta you gotta build yourself up to it.

You you you you're not going to go all in and go 100% the very first day. You're going to have to. And then, you know, while the detox process happens with the PMF or DoD detox program, people have symptoms and they might end up feeling worse one day.

Reducing Plastics and Final Takeaways

And they will be like, it is, doc, that that PMF that did it or, well, you know, the stuff that you gave him, they did it. But you you do got it. You got to kind of each person is it's an individual effort.

Yeah. You have to honor what the body needs. And so I like that. In retrospect, I'm like the worst patient, right? I'm like, I'll go hardcore into everything.

You know, there's a reason it says take a quarter of a chlorella tab, you can react. I was like, well, okay, whatever. I took two tabs bad patient, bad doctor, right?

Bad doctor. And I had to react. I was like, I'm having lots of hot flashes. You can have reactions. Can you? Slowly again, I was doing juicing years ago and I decided I was going to do the liver detox, and I was juicing beets.

They say just do a little bit, mix it with something. No, I did a whole beet and drank the whole glass and then I'll pass it on the board. Oh, you're my soul sister, you know. Right?

No hard hardcore you. Yeah, there is, there is no going in easily. You know, we you know. But I say to people, I mean all the mistakes. So you don't have to. Don't do what I did.

Your doctor's a very bad patient. Do not do what I did. Do what works for you. Like, right? Be nice to yourself in my your result. So if you had to say to somebody if they if they had to choose one thing to do differently that can help themselves as well as the environment, what would you well, what what would you say?

Well, I have to make some presumptions here, right? I have to qualify that. So I can't commit. I only committed for 50 years in marriage. I could not commit for life. I was like, that's I can't.

So I have a commitment issue. So assuming that you've dealt and addressed the platform, your food is optimized. You don't drink alcohol, you don't eat sugar, you sleep well.

You do something to move your body and move the lymph and you and you're not a stress ball, right? The platform, assuming you've done the platform, then probably the most the most impactful would be to understand where are you most getting exposed.

And then but when you're adding in that layer of what's the best for the environment, my vote is get rid of plastics, stop using plastics, don't buy plastics, try to eliminate plastics from your.

Actually, I changed my mind. Single use plastic water bottles, you know, potent spraying because they're endocrine disrupting. They never degrade. So they're bad for you.

They're bad for the environment. That would be the one thing that I would say, don't do that. And then you come back and say, well, we've already done that.

Then I go, okay, get rid of all the plastic in your house, right? You know, for example, we use parchment paper for, to put on, you know, I'll make a lasagna and then like when I got to cover it, I don't want to put plastic on that parchment paper because it's not leaching.

You know, some of the, some of the aluminum foil sometimes will leach. So parchment paper and then we cover it with aluminum just so that it's because you can't parchment paper doesn't crease.

It's very annoying. So now I want to get rid of plastics. Get rid of plastics in your environment. Try not to use Saran wrap plastic bags. Do your best.

You know, I mean, I have kids who have lost all of their bags. You know those reusable bags? I was like, okay, I've lost that war, right? I've lost the words. Right.

So do your best, right? You can't. Perfection is not going to happen. Just do your best. Pick your battles. That's that's not a battle I picked. I picked the battle of.

We're not going to microwave our food. There's no plastic. We're not storing our food in plastic. That's the one I picked. Say, I, I like that because I think when you think about plastic, you think about how many things actually or in plastic.

And if you, if, if you, if you can just eliminate it. I think that that that that's a good one lifestyle thing. So I, I, I was just listening this morning, Marlene, to a report on NPR and it said they were talking about how all of this plastic gets shipped to other countries, and then those other countries have to deal with it.

It's part of the recycling program, except one ton of one ton of plastic burning creates two and a half tons of toxic gases. And I was like, well, that sure doesn't seem very good if you think about it.

So the plastic in trying to get rid of it, were creating an even bigger problem. So I would say plastic right. Could put and and I think if we all did our part and each person chose that as their little lifestyle change, I think it will be it will be good.

Good to go. Yeah. This this was this was actually quite enjoyable. You're surprised I didn't get it. You know, I didn't really know what to expect. And, toxins and I'm, I'm, I'm a germaphobe.

So anything talking about toxins and and and dirty anything kind of makes makes me a little weird. So this was this was good. This this actually was a good dirty few.

So thank you so much, Wendy. Thank you. Thank you so much. And tell Ed his book is in the mail. I will. Thank you so much. Marlene. This is great. You are so welcome. So welcome. Thank you.