Cleansing Body & Home of Carcinogens & Toxins Transcript

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Introduction and Guest Background

Hey, it's Nathan Crane, director of the Health and Healing Club and host of the Conquering Cancers Summit. And today, I am honored and excited to welcome you to a very special interview.

Brian Beazley's been a prominent leader, researcher, and advocate in natural health and wellness for over 20 years. He's the founder of the Popular Health Destination The Art of Anti-Aging dot com, whose mission is to empower people with the most effective, evidence based natural solutions to look and feel their best.

Avoiding overcome disease and live longer doing it. In the past couple of years, he's created hosted several highly acclaimed online summits featuring today's top and the aging and longevity doctors and researchers that have been heard by over 600,000 people.

Brian is also the founder of Purity woods.com, one of the world's only providers of premier quality and fully USDA certified organic anti-aging skincare products.

He's authored multiple bestsellers and appeared extensively in major media channels. I have actually interviewed Brian, not too long ago about similar subject.

And I tell you what, what you're going to learn today from him in is going to surprise you. It's going to shock you, but it's also going to empower you and give you the information you need to get rid of those items in your house that have known probable and likely carcinogens, which are proven to cause cancer, and what to do about it to protect yourself and your family so you have a greater chance at living longer and healthier and disease free.

Brian. Hey brother. Thank you so much for being here, man. Hey, I'm excited to be here. I'm looking forward to this conversation. Love your work. Love what you're doing in this particular event, man.

So here we go. Totally. And I want to dive right in. I mean, you've got a couple of decades, you know, researching, experimenting, interviewing so many of the top experts.

And so you have so much experience and wisdom as well as practical advice to share. So I just want to dive in and get to the nuts and bolts for people.

Why Cosmetics and Skincare Can Be Toxic

So let's let's start by talking about the dangers of the cosmetics that are in most people's households. I know this is a huge focus for you. What do people need to know about their cosmetic products, their skincare products, soaps, shampoos, etc.?

Well, great question. And I like to start by having people think about when they're pushing that grocery cart down the aisles. When you're when you're in it, I'll that you generally think of as food.

Hopefully you're being very cautious. You know about what you're choosing. You're paying close attention to the labels. You're avoiding some of those foods that we all know, you know, should be reduced.

You know, the processed foods, the high sugar foods, and you're very wary of what you put inside your body that way. But I want everyone to try to remember the next time you are going down that grocery aisle, grocery store, that when you're pushing your grocery cart down those cosmetic aisles and the personal care products aisles, you're pushing it down a food aisle.

People don't think about it like that. We tend to think of, for example, our skin as this, surface that somehow, in a

way foreign to the rest of our body, something we can experiment on or throw stuff on, and it's not going to make much of a difference.

But I would tell you not to do that. Your skin literally eats. So when you apply anything to it, anything at all to it, if the molecules are small enough, they can penetrate and go deep into your skin, into your bloodstream and get sent, you know, through the organs throughout your body.

And here's the thing. Most of these products, skincare products of a wide variety. Soaps, like you said, anti-aging, serums and creams and moisturizing creams and so on and so forth.

They are designed to penetrate your skin. The molecules are small enough and unfortunately, they can be loaded today with all sorts of synthetic and toxic chemicals.

Now let's question briefly why. Because I think that a lot of people have this implicit trust. Nathan, that, oh, they would not allow that bad stuff in those things, would they?

The same way. I think we had that impression. You know, with food years ago. And then we learned better. Well, here's the thing. The cosmetic industry, the personal care products industry is the most un regulated industry in the United States.

Major industry. And since 1938, when is the last time the FDA passed, any type of substantial legislation at all in regards to the industry? It basically said to them, you guys are going to self-regulate.

Watch yourselves. We're out of here. And it's become since that time a wild west of you know, what they allow in these ingredients. Let me pause here, Nathan.

And, you know, see if you have any questions on that front. Oh, I think that's crazy. I mean, you know, one, the these chemicals are allowed into our skincare products as well as our food products.

I mean, I was just talking with you offline for a moment. You know, I'm writing my next book right now about cancer and doing tons and tons of research.

Not that I've already done tons and tons of research in the last eight years, specifically on cancer. I'm doing even more now and and backing it all up with scientific data.

You know, hundreds of peer reviewed studies that I'm linking to in the book. And I just did a whole section on carcinogens and the the known probable.

There's three kinds of carcinogens, right. Known meaning we know for a fact we have proven these cause cancer. The probable most likely absolutely. These are going to cause cancer.

And then the, reasonable believed to be cancer causing. So pretty much in these three groups, there are hundreds of carcinogens that are, most of them are man made in factories and laboratories.

And many of them you find in your food products and in your skincare products and in your soaps and your shampoos and these things that we know cause cancer and yet they're allowed in these products.

It blows my mind. But the problem is, most people, as you said, don't realize what you're putting on. Your skin actually penetrates right into your body, goes into your bloodstream, into your organs.

Sometimes that can even be worse than eating the carcinogen, right? Eating the food with the toxin because it's going straight through the bloodstream.

And so, yeah, what are some of the things people need to know about this and what are some things people need to look out for it. Right. Well, you explained it quite well.

Carcinogens, Parabens, and Hidden Chemical Risks

And, you know, let's expand a little bit on, on what you mentioned, I point out that it's actually more dangerous than eating toxins because when you put, food that may contain some type of toxin into your body, you it has a fighting chance of eliminating it because it goes through a series of filters inside your body.

The liver, you know, being the most renowned and main filter that's trying to pump it out. Now, when you when you're applying creams and serums and deodorants and so forth directly to your skin, as we have noted.

Well, your skin is literally eating these chemicals and it has no such filter in place. There is no liver in place. And so indeed it does go right into the bloodstream and spread, you know, like we said around the body.

Now here's, here's what, here's what the you know, the big cosmetic, and personal care products industry would say. Yes, we know that there's 200 plus, you know, potentially carcinogenic and indeed carcinogenic ingredients, some of which we use in our products, not to mention many more endocrine disrupting and other types of toxic ingredients.

Sure, we know that, but we studied this and it's in such minute quantities, you got nothing to worry about, you know, because we we exposed, you know, maybe in some cases, in some cases they didn't at all.

But maybe we expose rats to this once and it didn't really bother them in this in, you know, in these proportions. Well guess what, if I used Nathan deodorant one single day in my entire life, I'd be cool with that.

I'd be like, all right, well, I'm only going to use this deodorant once, you know, a year. And it's my, you know, amount of, you know, of these chemicals.

I could stomach that, but we don't do that. People need to remember they are feeding their body this stuff every single day, day after day after day, year after year after year, decade after decade.

We're putting the deodorants under our arms in very, you know, permeable place down there. We're putting stuff on our face, you know, etc., etc. and just imagine in your mind, like you said, Nathan, I would rather, in many cases eat these chemicals through my mouth than do what we're doing because there is no barrier.

There's no liver in the way. And imagine in your mind you're feeding yourself these chemicals on and on and on every day, and it's slowly spreading and accumulating throughout the body.

I will say this if folks have symptoms and they're not sure what those symptoms are from, and that could be anything, disease, as many things, at least gastro intestinal issues, dizziness, you know, nausea, just general fatigue and on and on.

I can go, but if folks have these mystery symptoms, I would strongly suggest it may well be the personal care products and the cosmetics that you're using.

So please, you know, I'll get to the bottom line and we can expand more on this, but please view it as food because it is. And you don't want to be feeding your body what so many of these products contain.

We can we can take a dip into some of the chemicals. Again, you noted yourself. There's hundreds. I promise there's literally thousands. Here's a big statistic for everybody.

There are over 1300 chemicals banned by the European Union in cosmetics and personal care products. And here in the United States, there's 11 just 11 banned.

That's the state and the power of the industry in this country. You know, behind that, you know, by some accounts, the the personal care beauty industry is a $500 billion industry.

But if you threw in all the chemical companies, it's a much bigger industry even than that. They hold a lot of sway, a lot of power. I am going to tell you again, it's as unregulated as it gets.

You need to be a super educated consumer on this front in order to fight, overcome cancer or any other diseases. If again, if you've got these mystery symptoms as well, this is this is so much more important than most people realize.

Nathan. Yeah. I mean, you know, carcinogenic obviously means that we know it leads to cancer, but these chemicals, as you're talking about, can lead to so many other health issues, autoimmune disease and, you know, addictions and, sensitivities to things and chronic fatigue and all kinds of other problems, a whole host of issues in addition to cancer.

But I want to share a study, I remember from years ago, I believe it's from 2012. And they, they took, breast tissue samples from women who had breast cancer.

And I can't remember you know, how many women were part of this study, but they found that, 99% of these, tissues that were tested, cancer, tumor tissues had parabens in them.

And this was 99% of the women that were tested. And if you look at, you know, the odorant, for example, most deodorants have parabens in them and you're putting it under your armpit.

Well, that one of your most absorbent, you know, lymph nodes in your lymphatic system is right under your armpit. And so, and, you know, the other thing is they're parabens in lotions and in all kinds of skincare products.

So, you know, there's you can't say specifically, oh, that deodorant caused your cancer. It's almost always an accumulation and a combination of multiple things, including the deodorants and skincare products and lotions and other things that have parabens and a dozen 15, 20 to 25 other toxic chemicals in them.

Going in your body day in and day out, as you were talking about. Yeah, yeah, yeah, you're right on with that study. I mean, and, you know, parabens. Well thank goodness it's it's received more spotlight.

In recent years. I will say, you know, there's a challenge with that too, because, you know, so many, boutique and big brand products alike have jumped on that almost.

And they may have extracted parabens, but when you see and I'll, I'll get more into greenwashing and how to be cautious. So this is. Well, if you want me to, but, when you see paraben free on the label, just.

Okay, you know, not not that's a step, but turn the product around. Never believe, you know, a company's own claims. I'll just say it. And I run, you know, Purity Woods, like you said, you know, which is a skincare company.

Greenwashing and Choosing Truly Safe Products

And I will tell you myself, don't don't just take the word, you know, that we're saying about our product. Make sure it's independently certified, you know, pure and clean and turn that product around that says paraben free and read that label carefully, you know, and if there's these big long, you know, lists of ingredients that sound, you know, like a science project to you, well, you know, you know what to do in that case.

Well, that's exactly what it is. It's a science project that is always right. Yeah, you're right. And it's almost it really actually is because like I said, literally a company can put anything in a product that they want to.

It doesn't have to be tested anywhere at all. And they can stick it on a shelf and sell it. And almost, almost say virtually anything they want about what it can do.

And, you know, here's the thing. Of course they're not going to intentionally put an ingredient that has an immediate negative effect in, in, in large amounts.

You know, they want to stay in business, they want to rock, they want to sell their stuff. But they earlier had referenced, you know, it's the mid and long term effects.

The accumulation or sometimes the, you know, effects are not even that mid before they start showing up. By the way, ironically, a lot of these anti-aging products, you know, from from big brands and boutiques alike actually age faster.

But like fast food, Nathan, they can have some pretty good effects on the spot. So you know how you, you know people, I'm sure everyone listening, maybe.

And hopefully you're not really eating it much, if at all, anymore. But fast food at one point in your in your life, if not now, you know, it felt pretty good to go and get a Big Mac or whatever it was.

It, you know, it's tasty on the spot. It was carefully designed. In fact, to have the right mouthfeel and everything. So it's appealing to all our basis senses right?

It's not different at all with these products containing all these synthetic and toxic chemicals. They are designed to produce these effects that you desire anti-wrinkle not smelling, you know, deodorants and so on and so forth.

Not sweating up your shirts. And they will they will produce those effects in the short term. You'll get some of those benefits often. But like fast food, you're paying a massive price for it.

You have to decide if it's worth it to get cancer. To not be able to fight effectively. If you have cancer and, you know, to suffer all these other symptoms we talk about.

And I think most people, if not everyone, would say, you know, it really isn't worth it, especially when there's so many alternatives out there. And here's here's also the thing we talked about labels, Nathan, the problem because you brought up and you're so right about different types of carcinogens, you know, but there's another categorization which is, indirect carcinogens.

In other words, they meaning the manufacturers of these products have no clue what the combined effect of many of these ingredients, these synthetics, they're putting in their products is.

They don't they may have a test to know that this ingredient and this ingredient separately are minor toxins. You know, in the short term. But there are so many indirect carcinogens produced from the combination of two or more ingredients and they don't have a clue about, you know, what many of those are, nor are they required to have a clue.

There's one that's pretty well known. One for dioxane. It's called. And it you won't see it listed on ingredients labels because they don't intentionally add it, but it's a byproduct of a couple of other ingredients.

You, you know, sodium Laura sulfate being one of them. When these ingredients are in a product and they're in soaps during cleansers, they're in, you know, other beauty care products, sodium laurel sulfate and such.

They combine and they create one fourth dioxane, which is a horribly carcinogenic ingredient. It's, it's got a high hazard rating of eight in California.

Environmental working groups, cosmetic database. It's, you know, it's, multiple lists of top carcinogens, and it's out there. It's out there and the stuff we're slathering on our skin.

So, you know, I just can't stress enough how people need to be conscious of this. Yeah. You know, it's it's scary because and it reminds me of, you know, looking at nature, for example, nature has these synergistic, complementary, infusions that are designed to support the body when certain ingredients are mixed together.

A great example, and there's hundreds of examples of this, but a great one that a lot of people know today is a

combination of turmeric and black pepper or bio pairing or, you know, there's a lot of different names for the molecule or people are rebranding it anyway.

Turmeric and black pepper, you mix them together. The black pepper actually, increases the absorption of the benefits of the, you know, the anti-inflammatory benefits.

And so forth from the turmeric into your bloodstream. Synergy together creates a better result for your body in nature. The problem is in laboratories when we're mixing chemicals and you can do these little science experiments we do with our kids, where, you know, you put a few different chemicals together and all of a sudden you get a huge explosion.

You know, like a little volcano. And that's what they're doing in these laboratories is you're saying is mixing all these different? I mean, you can look at shampoos and soaps and skin care products and see 20 different chemicals in there, you know, that are mixed together.

That is, you said they're not studying on because they're not required to. But the dangers of all these additional side effects that can come from mixing all these chemicals has a reverse synergistic effect.

It has DG Justic effect. I don't know if there's a word for that. I just maybe I'm not like it. You know, where it's going to do the opposite. As you said, it makes this byproduct which is extremely carcinogenic.

So we know and hopefully people tuning in or taking this very seriously, you know, the chemicals in on your skincare, your lotions or, your soaps or shampoos, like we have to eliminate those from our lives if we want to live longer and healthier and more likely to reverse diseases like cancer.

What are some other key toxins maybe we don't think about that are in the house that we need to be aware of. Well, you're going to find these and other chemicals as well in your in your cleansers that you use to clean your home.

You know, I hope folks by now have heard heard that as well. You're going to I mean. Vo sees, you know, wartime organic compounds. A lot of people don't necessarily think about how the furniture and the carpeting and the flooring and the cabinet tree in their homes, makes a big impact on your health and well-being.

I mean, goodness gracious, we're in our homes now, 90% plus, you know, other times or in some type of indoor environment over 90% of the time. First of all, we need to switch that statistic out and try to lower that and get outside as much as we can.

But we are inside the vast majority of time and we are surrounded. Nathan, not only are we slathering it on our skin every day, but we're surrounded by items where we have a choice.

And I understand that we we we don't have unlimited funds and we can't all make, you know, change and every single step of the way all at once. And that's okay.

First of all, the big key is to be aware of this, you know, aware of this all some of the changes, you know, what I love about, you know, back on the cosmetics and personal care products is it's a relatively easy change to make to switch to far healthier and safer alternatives.

It's it's not expensive. It's it's it's a fast change that you can make today. I get it with items in the home that could be, you know, off gassing, creating these VOCs.

You can't just, you know, we all don't have the capability of ripping out all of our carpet and changing it tomorrow. We don't all have the capability of going and changing our kitchen cabinets, you know, to, both environmentally friendly and much healthier for our own bodies, types of cabinets.

But it's something to be aware of, and it's just step by step in that direction. You know, it's it's not easy and it's

different depending on who you are, what your health situation is.

You know, what you've got going on in your life, your funds, you know, and so many different factors. But I kind of Nathan dumb it down to how close is it, you know, to to what I'm allowing into my being.

What I mean is this the reason that I get so passionate about the cosmetics and personal care products is because, again, you are applying these, you're feeding them directly into your body every single day.

Whereas something like, you know, a, a printer, you know, that you made in your office, which I highly suggest you put as far away from your desk as possible.

But you're owning around that sometimes. So if you have to prioritize. My point is this. You know, how much are you putting this into your body?

Indoor Air Quality and Other Household Toxins

You know, the air you breathe inside your home is another crucial, crucial area, Nathan, to focus on for this very reason. Because you're breathing in constantly.

And if you're constantly breathing in highly toxic air, which the air inside homes can be up top if not more, 100 times more polluted than outside, it's another top area to focus on.

If you're only occasionally exposed to a printer, or you're only occasionally exposed to that room in the house with carpeting, it's important, but I would prioritize it a bit lower if you've got to rank things, I don't know. Does that make sense?

What I'm saying it makes perfect sense. You know, it's it's remind me of a couple things I want to share. One is, there's a series of talks and presentations we're doing as part of this symposium all about detoxing and cleansing and fasting, getting these toxins out of your body, safe ways to do it, effective ways to do it, ways to support your healing and longevity.

I want to encourage people go listen to those interviews, those presentations after this one, because they're going to support you in getting these toxins out of your body.

The second thing I want to share is about, the air quality you just mentioned. So as you said, you know, the studies have shown inside our houses, we are exposed significantly to more toxins and are constantly breathing in these chemicals that are off gassing from all these, you know, chemically made products and carpets and, and, you know, furniture and so forth.

And if you're not spending a lot of time outside breathing fresh air, or if you're in a city where that air is also very polluted, you're constantly bombarding your body with all of these toxins.

And then if you're putting, you know, toxins on your skin and in your food, etc., your body is just basically a toxic cesspool. So you got to get those toxins out.

One of the things that my wife's been doing, here in the house, we've always had plants in the house, but, I recently saw a study from NASA in 1989 that, to clean the air and the average home, if you put a plant 1 to 2 plants per 100ft^2.

So let's say an average house, maybe around 1800 square feet, it's about 15 to 18 plants. So a few plants in each room, right. That will purify your air better than any air purifiers you can buy.

So these are just plants a little bit of soil, some water. They're going to help clean your air, which is hugely effective, very cheap and affordable.

And you're getting a lot of other benefits from living plants in your home. In addition to cleaning, they're one of the best ones we've found is aloe vera.

Actually, it's actually a single aloe vera plant. I can't remember the number at the moment, but they found a single aloe vera plant can actually purify X amount times more than I think, like four or 6 or 12 air purifiers in your home.

A single aloe vera plant. Don't fill your house with only aloe vera plants have diversity, right? It's just like nature. It's all about diversity. So so it's just one thing I want to share with people.

It's really, really profound. Having these plants in your in your home, purifying the air, getting the toxins out of your, your products. And the other thing is using products that are only organically certified, that have no toxins, that have no chemicals.

Speaking of, you know, my wife's been using your purity woods, like age, age defying dream cream. Which, you know, we both love the the ingredients that are in.

It's all organic. It's all pure. I've only been using organic, you know, products for. Geez, well over ten, 12 years now. Our soaps and shampoos are 100% organic.

They're simple Castile oil based. You know, they're just essential oils and so forth. 100% organic plant based toothpaste. No sodium. No sulfate is. You're talking about greenwashing.

When we were getting into this, you know, years ago, we buy these natural, healthy products, and then later find out they've got these hidden chemicals in them.

You know, and so it's like, geez, you just have to be diligent about it. You have to say, look, no chemicals whatsoever because they sneak them in. It's got to be pure plants.

You understand what the ingredient is? It's very clear. It's not some factory chemical made, you know, in a laboratory. So, you know, just a few key things to, to look out for.

And I know your skincare line is, is, is doing exactly that. I also use your hand sanitizer because it's just organic. Basically, alcohol based hand sanitizer doesn't have a bunch of the chemicals like most of hand sanitizers have as well.

Yeah, yeah. Wow. Appreciate that. Yeah. Let's talk briefly about greenwashing. I'll just say again, never believe what's on the front of the label. Never quite believe what's in a marketing copy.

When you see terms like hey or it's organic, it's wild crafted, it's natural, you know, it's paraben free. Shut up, shut down almost to that and turn that product around and look at the ingredient label.

If you're there or, you know, make sure they post what the ingredient label is if it's online, clearly, if they're hiding it, if it's hard to get to. There's a reason.

There's also a number of certifications, you know, that you want to watch closely for. From my experience and, you know, certainly research the heck out of this in this country, the United States, you want to make sure, like Nathan said, it's USDA certified organic.

That means it was independent of the company. And that's a key point here. Strictly verified, you know, to be organic. And that doesn't just mean it doesn't have toxic ingredients in the product.

That also means the source ingredients that are in the product were raised on farms organically. So no pesticides, no herbicides and such. And that's another important point.

Back on the greenwashing. If they say organic, it's unregulated. That means they can have one single organic

ingredient in their midst 5070, you know, whatever synthetics, they could still call it organic.

They could scream it to the moon. And a lot of people will fall for it, you know? Oh, it's organic. I got to get that. No, turn it around or make sure it has USDA certified organic, which also includes non-GMO, as part of its requirement, which is, you know, another important point.

So thanks for bringing up, yeah. Purity Woods products, the age defying dream cream you mentioned. And, indeed, this is this is a really, really powerful anti-aging cream that's USDA certified organic, very hard to achieve that.

I can tell you from experience. I won't go, you know, too deep into what's in it, but I will point out a couple of key ingredients. Now, probably the superstar of superstars in that is red maple leaf extract and two other, maple leaf extracts.

And that might be news to a lot of people, you know, because they probably in most cases, never heard of that. You know, this powerful extract coming from Maple Leaf.

So real quick, I'll just say a 2018 study which received a lot of fanfare, showed that there's these special compounds inside of red maple leaf extracts that blocks the last days, which is a, it basically causes the breakdown of elastin in skin, especially as we get older.

This is a it's a very special compound inside of these products that have other excellent compounds as well that can reverse that. We've seen remarkable benefits.

Practical Longevity and Detox Tips

I've been involved in many product launches over the years, Nathan, and what you and your wife are experiencing with it is, it's kind of become the rule.

It's the most remarkable product I've ever been involved in. So thanks for bringing that one up. There are other ingredients in it, that are superstars as well.

You brought up aloe leaf, so it's, you know, it's organic aloe leaf juice is in it. And what a great plant that is. By the way, I could talk probably here for an hour about all the benefits of aloe in many different ways.

You're right. It cleans the air. It's also exceptional, you know, for your skin in any number of ways. I can go on with other ingredients. Let me jump real quick to the other one you mentioned.

You know, with with all going on in the world with the pandemic, etc., you know, it is important, as we've been told, to, to sanitize our hands out there.

But you're right, typical hand sanitizer is is downright dangerous. Now, I'm not even referring to the fact that, you know, there was a rash of methane, infested, hand sanitizers put on the market, you know, and, and there was a lot of news around that, but there loaded these typical sanitizers with other highly, well, flat-out bad chemicals.

Let's just be honest about it. So thank you for bringing that up, because you don't need to do that. Granted, it's a harder process. It's a little more, you know, painstaking of a process to create a sanitizer that's USDA certified organic, which it is in our case.

But it makes all the difference, especially because, again, you're rubbing this stuff directly into your skin, as we talked about earlier, feeding it to your body. So, you know, it's just important.

And thanks for bringing this up, Nathan. Yeah, absolutely. You know, I love love the work you do and the fact that you've, you know, made this your mission to help bring these good quality, you know, products and information to the world.

I'm all about that support that 100%. Encourage people to, you know, check out Purity woods.com. Try those 100% organic certified products. You know, replace all your skincare products, your shampoos, your soaps, your lotions, your deodorants with organic, just purely nature based ingredients.

Again, you have to listen to Brian said. You can't believe what's on the front of these bottles. I mean, read the front. Oh, all natural and pure and clean and you know, and they show a nice grapefruit and and they show a mango grapefruit seed in mango.

And you read the back and it's like, that's 1% of the ingredients because it's the bottom and the top percent is, you know, water or sodium lower sulfate, a list of 18 different chemicals and then some grapeseed and some, you know, mango in there.

And so you're getting, you know, 80% water, 18% chemicals and 2% good stuff. Right? So really pay attention. Get those chemicals out of your house, out of your body, out of your products.

You're going to see benefits long term. You know, you may go through some detoxing when you start getting all these chemicals out of your body. That's why I want you to listen to detox and fasting and cleansing talk so you can do it safely and effectively.

But once these toxins are out of your body, you have such a stronger fighting chance for your immune system, your endocrine system, your gut health, all these different aspects that help you stay healthy, live longer, and disease free.

You're going to have such a better fighting chance to, reduce your cancer risk, even potentially, you know, prevent cancer or even potentially reverse cancers.

So, as we wrap up here, Brian, one, you very shared a ton of great information. I think it's, you know, we've made it really practical for people, which is my goal with every interview on this symposium, people can walk away with actual things to start doing today to improve their health.

What other you know, even if it's just a couple. What are some of your other top longevity anti-aging tips that you that you do with you and your own family or that you'd love to share?

For people who are looking to live longer and healthier? Yeah. Great question. And you know, I've got a list of about 10 to 12 running through my mind right now.

But let me let me close out on on on this. It's seems it can seem complicated. It can seem overwhelming. You know, hearing all of this for folks and, you know, like I said earlier, I try to say, first of all, if you're getting stressed about doing anything, any of these steps, you know, that's that could be worse than the change you're making it.

So just list it out. Whatever resonates with you, you know, and your being a saying, yes, that makes sense. And it is pretty easy. Start there. Start with the low hanging fruit.

Again, the these changes you can make with cosmetics and personal care products are relatively easy. You know, it's it's important as heck, Nathan, to get proper exercise and move house.

We've heard for some people that's that's a little more challenging to do. So take that step by step. But the point is, with personal care products, it's an easy change to make.

So why not, you know, next step. You know, in your in your pantry. Hopefully you've already done this. But some of those changes are quite easy to make.

Clear it off your shelf, keep it out of the house and put that you know, healthier things on your shelf as well. But but let me pull back, you know, the camera to a wider scope.

It can all seem complicated and overwhelming, but I like to, you know, including to my family. Note that it's really just about your being. Your body.

Your being is a sacred space. And it all comes down to just constantly ask yourself, what am I allowing inside my being now? There are some things you can't you can't keep every single toxin out.

Which is why it's important is can be to detox, which Nathan's material is unbelievably great for now. But that said, you can greatly take steps step by step to reduce what you're allowing inside your being.

Nathan. When when when when I adjusted my thinking and I really started doing that, what am I allowing inside my being and what should I keep out? It really just made it much easier and clear to me, you know, in a calm way, you know, just to keep taking steps in the direction of not allowing the toxic stuff in and owning the stuff like this discussion we're having, like this event you're putting on, allowing those sorts of things in that can make us feel better and therefore live longer.

Last thing I'll say on this, it doesn't only go for physical goods, for for cosmetics, for food, for furniture, for flooring. It doesn't, certainly for the air, which is a, a physical thing.

But it's not only about that, perhaps equal if not even superior to that are what toxic things are you allowing inside your being that are more, I guess we'll say ethereal in nature.

Who are you around toxic people? Are you allowing toxic media into your head again? Like fast food? We can tend to watch Nathan some programs on TV, perhaps the evening news that feel important, that feel good to us, or these, you know, certain TV shows that make us feel riveted.

But that doesn't mean they're good for us. And in fact, they can really drag us down. And by dragging us down emotionally, they are dragging down our physical health.

Just because conscious of how these things make you feel. Because that's that's that's the key of keys. Truly, to live long and well is questions and being very vigilant about what you are allowing inside your being.

I love that it's a great place to end, Brian. I mean, I think many of us want to live longer, but at the end of the day, it's the quality of life. You said live long and well, yeah, I know people in their lives are extended five, ten, 15, even 20 years through modern medicine.

The problem is that quality of life is so degraded, it's so depleted, it's low energy. They don't feel good, as you said. They're just, you know, getting by the mundane day to day with pain and with chronic disease.

And like, that's not the quality of life we're looking for. So it's all these things that you shared, everything we're sharing and all these interviews that can really help and support people to live longer, better quality of life.

So Brian, thank you so much for, you know, just sharing all your great experience, your tips, your advice here with everyone. Thank you for, you know, the great work you've put together with, the Art of Anti aging.com.

I encourage people to check that out and the great products you put together through Purity Woods and yeah man just appreciate you for continuing to share your great knowledge and wisdom here.

Oh well thank you and keep doing what you're doing in the world, Nathan. You're making a huge and positive difference. So I appreciate you having me on here.

Absolutely, brother. My pleasure. And I want to thank everyone for tuning in to the Conquering Cancer Summit. Please share this with friends and family.

Together we truly can make a difference for the future of humanity in ending the cancer pandemic. Thank you and I wish you ultimate health and happiness.

Be well.