How To Choose Cookware That Protects Your Family's Health Transcript

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Summit Welcome and Event Overview

Hey, everyone. Doctor Erickson Linsky here. And welcome to the Heart Attack and Stroke Prevention and Recovery Summit. I'm absolutely thrilled to be part of this live, transforming event that has been carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long, hard, healthy life.

This is information your doctor will not be telling you about, so please clear away. Distractions and get ready to take lots of notes. No joke, you will not find this collection of carefully curated, practical, natural solutions anywhere else online.

From avoiding hidden toxins in your home, to simple lifestyle habits to natural product swaps that will save you time and money, each expert will empower you with simple, money saving tips that puts your heart health back in your hands.

And remember to keep this life changing knowledge at your fingertips. Be sure to grab a copy of the summit recordings and bonus materials for ongoing support in your journey to a heart healthy, abundant life.

And today, I'm thrilled to introduce you to a friend and sponsor of this event, David Barrett. David is the visionary CEO of Chef's Foundry, a renowned family run company that specializes in the production of nontoxic cookware.

His company brought the nontoxic 600 cookware to market a few years ago, and they guarantee that the product is free of forever chemicals like preferences.

And these are heart killing chemicals that you have learned from other experts in this event that you need to avoid at all costs. Which, by the way, are in most of your cooking wear products.

David has a solution and he's going to teach you all about that in a presentation that he prepared with a passion for healthy cooking and sustainable living.

David has led Chef's Foundry to become a leader in the industry, known for its innovative and high quality products. You can visit Chef's foundry.com to learn more and get ready to learn all about healthy cooking.

Well, David, thank you again. Number one, for sponsoring this event.

Introducing David Barrett and Chef's Foundry

Because without our sponsors, of which you are one of my favorite, I we wouldn't be able to do this. I mean, we are reaching nearly 100,000 people and this event helping people educate about heart attack, stroke prevention and recovery.

And it's so important. People don't realize the dangers that they're putting themselves to exposing themselves to forever chemicals in their cooking products and other lifestyle approaches that they can easily shift.

So thank you so much and I can't wait to share this presentation that you prepared with the audience. But again, thanks so much for being here. Awesome.

I know it's a pleasure to be here. Thank you for having me. Well, unless you have anything else that you wanted to chat about, I would invite you just to share your screen and and let's start the presentation, folks.

I asked David to create, an educational presentation to explain you what you need to do and why you need to think twice about the cooking products that you're using.

And you've heard from multiple speakers in this event about dangerous cookware. And this is a solution, a solution that my family and I've been using now for years.

We absolutely love these products, and you're going to fall in love with them too. And also be educated about what to watch out for with conventional cookware.

So, David, all you. All right, let's go. All right. So, I'll just say from the beginning, just a little bit about, how we started Chef's Foundry. So my brother and I started just foundry around seven years ago now.

And one of the main driving factors at the time was the fact that my father was diagnosed with me.

The Origins of Chef's Foundry and Toxin Concerns

So feeling him up, which is a rare form of cancer caused by working in a, this led me and my brother Dan, I guess, kind of like a rabbit hole of discovering the dangers of toxins in our environment and, everyday products, which, classed as forever chemicals.

And there's literally thousands of them. Just to give you, like, an example, you can find them in through packaging, clothing, cosmetics and even tap water.

So, you know, they can be found everywhere. And it's important you do research into the products you're using. So after doing all this research on forever Chemicals, we came across the DuPont scandal.

For anyone who doesn't know who DuPont that a company that, manufactures Teflon. And they were knowingly producing nonstick cookware using a forever chemical, called purpose, which has now been banned since, 2014.

So we've done all this research, and we really wanted to, have a positive impact on people's health. And at the time, we were selling kitchen utensils for Amazon.

So it was quite a natural, move for us, to move into the cookware space. And that's basically how we came up with the idea, to launch the pieces on the cookware.

So, like, what are the dangers of, store bought cookware? Now, I would highly recommend, that you avoid, Teflon, products at all costs. You know, when you heat Teflon pans above 500 Fahrenheit, you know, they can release, one of these toxic forever chemicals, which can cause Teflon flame, and, you know, Teflon seems quite similar to the normal flu.

Can give you headache, fatigue, sore throat, shortness of breath and muscle aches. You know, there's a whole list of, nasty side effects that come with it.

So you really want to, avoid this at all costs? And, obviously, you know, it's been proven now that DuPont will knowingly, using, pieces, in the production process of Teflon for years.

So, personally, for me, you know, I wouldn't use anything that contains Teflon. And again, you know, some stores might label that as nontoxic, but, you know, they could contain perfectly good.

So I would highly recommend, you know, do a little bit of research, on, what's actually in these, products you're buying? And, you know, simply a few ways you can do that is just by, like, googling the company, finding out who you're buying from, contact and support, you know, support staff are going to be pretty, happy to tell you, like, you know, what goes in on the manufacturing process and what they're actually made of.

You know, check the fax section. Usually most, most, most of the answers you're looking for will be in there.

Why Teflon and Forever Chemicals Are Dangerous

And also, if you really want to, find out exactly what they're made of, just asking for, like, an official document, an MSDS, which is a material safety data sheet, will suffice in, like, kind of giving you exact all of that information, you know, which is crucial for your health.

And also for any, like, kind of movie fanatics out there. Very interesting, movie, called Dark Waters, with, I believe it's Mark Ruffalo is the actor in that, he's he tells the story very well of that scandal.

And it's definitely worth a watch. So very interesting. And actually sad what happened there. He did some. Work. Something, if I could hear. Thank you again for pointing that.

Thank you so much for pointing that out, because it's so important, folks. I'm going to quote something from the American Heart Association. And, you know, when a government agency, especially in the United States, makes a comment like this, you know, it's undeniable because they're very reluctant to make overall, criticisms against chemicals, unlike the EU and other countries around the world, the United States, is very reluctant to ban chemicals unless absolutely beyond proven of a shadow of a doubt.

And this isn't necessarily a good thing. The America is very slow to protect its people from dangerous chemicals. So I say that to say, when you get a governing institution like American Heart Association, that's going to make a quote and I'm going to quote from their website, it's beyond a shadow of a doubt.

And there's because consumer groups and special interest groups have raised so much awareness that they cannot deny it. So here, here's a quote I want you to consider and take this very, very seriously.

Even at low levels in the blood, research has shown PFOA is again, these forever chemicals can have a detrimental health effect on the heart. Some of acids have been linked to cardiovascular risk, including endothelial.

This function, which is impaired blood vessel function, which you've heard several of the speakers talk about in this event, oxidative stress and elevated cholesterol, right?

PFAs are known as forever chemicals because they never degrade in the environment and contaminate our drinking water, soil, food, and numerous products we consume or encounter routinely, aka your cooking products.

So I want to tie this into heart health, David, because this is just not, a hey, this is this is just an FYI. You know, this is a PSA. This is a public service announcement.

These forever chemicals are just one of the many risks associated with your toxic cookware, and you're being exposed to them in other products throughout your throughout your day to day, whether it's waterproof boots, whether it's umbrellas, it's whatever it might be.

These chemicals are everywhere. It's in your water proof type of sealant. The chemicals in your paints and everything you might be breathing them in. So when you're cooking and with food that is touching forever chemicals, you're now exposing yourself to more, so you have this cumulative effect.

So all that to say this is really serious. And when we look at preventing heart attack and stroke, this is number one we need to consider is how to reduce toxic exposure.

This is one way right. You can listen to the speakers on how to find other ways. And here's the other key. And I'll end in and you can right. Go on the next slide David is is to recovery.

It's very difficult to recover from a heart attack or stroke if you are in this constant state of toxicity. And another strategy is to slowly reduce your exposure to things like this.

So it's not just prevention but it's from recovery because your body can never truly get back to where it needs to regenerate if it's constantly being exposed to these things.

Safer Cookware Options and How to Test Them

So thank you so much for sharing this because this is really, really important. And you're welcome. So, generally, there's like three, types of that we like, which are safe, to use and the ceramic, stainless steel and cast iron.

And I'll explain, you know, why we like them. What is safe in the next slide? So ceramic is generally, it's nontoxic. And again, you know, do your own research on the pans you're looking at and buying.

But the majority of them will last, for years, as long as they're cared for and looked after properly. And they tend to, have a bait on glaze, which is made from silica that's free from pieces.

And this glaze is essentially what makes up the nonstick element of the pans, which makes them, you know, great, to cook with. You then got stainless steel, which, you know, is another safe option.

And stainless steel doesn't have any coatings on them. So you're cooking directly on the pan. But they don't, react with the ingredients or leak any nasty chemicals, in your food.

So, so again, you know, they're pretty safe. And, they're also pretty durable and can handle high temperatures. And then lastly, you know, you've got cast iron, this, again, is another safe option.

And, you know, when you maintain them properly, they, are able to, develop a nonstick surface. So, you know, again, they're quite convenient in the kitchen.

And also, just like researching cast iron. Yeah. When, you know, apparently when you cook with cast iron cookware, they can add, non hem, iron into your food, which is essentially like the same type of iron found in spinach, beans and tofu.

So, you know, just to summarize, all really depends on on your style of cooking. You know, some pans take a little bit more maintenance and others, and care.

Well, you know, it's a really, quick and easy to clean. So, you know, it's entirely up to you is how you like to cook. Whether you're just someone who just likes to cook something quickly or, you know, whether you like to, you know, go all out and, do the whole thing from scratch, it's it's entirely up to you.

So how would you test the durability of, nonstick cookware now? There's four ways you can do that. And, the first one is, the egg test. Now, simply put, this is requires you to cook an egg with no oil, on the frying pan without it sticking to the pan.

Any great, high quality, nonstick, nontoxic, pan should be able to do this, pretty easily. And the egg should effectively just slide off the, Next you have the, size that makes you.

So you go back, next you have the, remote test. Now, so this test, you know, you simply just throw some sugar into the pan, let the heat up, turn into caramel.

And again, you know, it's a good, high quality, it shouldn't stick to the pan. It's literally slide off slide. You can see, in that image that, you next have the, cheese for a test.

Same as a caramel test. You just put them in a pan, no oil. And the, should cook without sticking to the pan. And then last of all, you have the chicken retest.

Now, this one's slightly different to the others. But you're essentially testing, the discoloration of the pans.

Chef's Foundry Ceramic Pans and Closing Remarks

So what you need to do for this test is just take a raw chicken wing, fry it directly on the pan, with a thick barbecue

sauce until it's cooked. You then, repeat that 20 times, and you should notice, after you've done that 20 times, including the pans should, there should be no discoloration, on the pan.

You know, so if you're nonstick, you know, pan passes all of these, tests quite easily, then, you know, I would say you've got you've got some, a high quality, cookware set.

And, you know, just a message to the listeners. I'm sure you're going to know what I'm going to say. Now, I would highly recommend, you know, you don't use Teflon pans anymore.

You know, like I said earlier, if you use them in above 500 Fahrenheit, you know, you could have, people seeping into your food and damaging your house.

So, you know, if you want to avoid having these issues down the line, which I'm sure we will do, I would just, you know, just stay away. A lot of scientists, there's a lot of research that, you know, suggests that, these substances are linked to, left effects, hypothyroid, diseases, kidney cancer, testicular cancer and obesity.

And there's loads of other, sort of problems that are common. Would work, with these chemicals. So my suggestion would be just do your research, find an alternative kind that you're happy to cook with.

Because, you know, ultimately, health is yourself. At the end of the day, that is everything. And the equipment. Well, how about if you could please share a little bit about your product and what makes your product different, than the conventional cookware and, and maybe give people an opportunity to where to find it don't it.

Yeah. So our, our parents, they're, ceramic, ceramic pans and they're made with a, nonstick, surface, which is, manufactured by a company called. I like, and, you know, this chemical, it's, really safe to use.

The nonstick element is also, you don't actually have to use any, oil in the pan. So, you know, they make cooking, really easy. And, they're also pretty super easy to clean up as well.

So, yeah, they're really awesome products. Well, I appreciate it, buddy. Thank you so much for for taking the time and putting together the presentation.

And, folks, I hope that you are inspired to revisit your cookware and consider checking out, chefs, foundries, P600 pans, and we'll be sure to give you ample opportunity to get some special discounts and all the like.

So, so, David, thank you again for for coming on today, buddy. Thanks for having me. All right. We'll see everybody. God bless Billy.