Summit Welcome and Natural Living Overview

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

This is information your doctor will not be telling you about. So please, please, please clear away distractions and get ready to take lots of notes. No joke.

You will not find this carefully collection of natural living tips that are practical and money saving anywhere else online, from avoiding hidden toxins in your home that are damaging your heart, to easy natural product swaps, to simplifying your lifestyle habits, each expert will empower you with simple, money saving tips that put your heart health back in your hands.

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

And today, I'm thrilled to introduce you to a longtime friend and colleague, Ryan Stone Eagle. Ryan and his wife, Teddy of the Co are the founders of the Stern Method, a platform informing and inspiring families, preventing or reversing cancer to succeed on all fronts.

In May of 2014, their son Ryder was diagnosed with stage four neuroblastoma, a childhood cancer of the nervous system. 11 days before his first birthday.

Through an integrative approach, leaving nothing on the table and ridding their lives of all possible causes, which included building a completely nontoxic house in the middle of the woods.

Today, Ryder is thriving. You can follow Ryan and Teddy's work at the Stern method.com, and today you're going to have a wonderful, wonderful experience with me and Ryan talking about what he's done and how you can implement some of these things in your life as well.

All right, Ryan, thank you so much for being here with me. I really appreciate it, brother. Good to be with you as always. Erik. So we we had a nice little pre talk talk, by the way, folks, that's one of the best things about doing interviews like this is getting the expert, getting the influencer, getting the, the the man or the woman behind the scenes and captive audience.

I always like having conversation before and after. And Ryan and I were just talking about, heart disease, heart attack, stroke and and heart events are the number one killer of cancer patients.

And it just opened up this discussion. And like, we could argue theoretically that quote unquote, cancer doesn't kill anybody. Like the cancer cell itself.

It's what cancer does to the body that then leads someone to untimely death. And the primary killer of cancer patients next to where we can maybe argue chemo radiation treatments is a heart attack, is stroke, is a heart disorder.

And that I didn't know that. Right.

Cancer, Heart Disease, and Shared Root Causes

And so walk us a little bit through this experience for you because you've recently learned this through what you're

doing. So kind of unpack a little bit about what you are doing.

The people, the doctors that you're talking to and this just cutting edge information that you are uncovering because you just dropped a truth bomb on me that I should have known, that just made my mind go down a wonderful spiral.

So we're going to have a great, very, very unscripted conversation here. So go. Rabbit holes are always fun, aren't they? Yeah. I mean, you know, your son gets diagnosed with stage four cancer a year old that'll that'll freak you out and lead you to really want to know what what the heck it is that's going on here.

Why are people getting sick? Why is it, you know, okay, I understand that, you know, you can get the cancer can cause the cancer can develop in somebody 50, 60, 70 years of age that's been smoking a pack of Marlboro a day for, you know, how many years.

But my my one year old son just just got it. What the. What the heck's going on? So, yeah, I mean, that that, that that research process has been, has been going on for the last ten years.

Fortunately, that that research is, is more on the wanting to keep him okay side and and also wanting to, to help others make it a lot easier for others than, than it was for us.

Right. Trying to figure all this stuff out on our own and, yeah, that information's come a long way in ten years, and thank God for that. But, but yeah, that that's that's, that's been our thing from literally from the first second that that that diagnosis happened is, is what caused this and and what what can we do about it.

Right. And cancer kind of forces you I would say it all chronic disease really forces you to be a little, not a little bit of a generalist. Right. You you gotta you gotta figure everything out at once.

You gotta figure out infection type stuff. You gotta figure out mitochondrial function. You gotta figure out inflammation. You gotta figure out mental, emotional, spiritual wellness.

Right? I get all the things, if you really if you really going after it from a from a true holistic perspective, then, it's not just it's not just about killing cancer cells, right.

Same way as, you know, heart conditions. If you're really coming after them from a holistic, holistic perspective, it's not just about the drugs they want you to take over to the extent they want you to put in or whatever it is.

Right. It's, it's it's trying to figure out what caused this. And when you when you research chronic disease from that perspective, it's really I can't find a true root cause of cancer.

That's not also a true root cause of heart disease. That's not also a true root cause of autoimmune disorders. It's all kind of the same thing, you know, in that sense, it's just manifesting in us in it's differently depending on, you know, what we might be more predisposed to and, and that sort of thing.

So yeah, it's it's it's been a wild ride kind of kind of putting all this stuff together. And, and like I mentioned to you, that's been the the heart connection was not I didn't come across that until.

It wasn't until we we started we got right or better. We we started documenting the story. And when everything we were doing out there and that led to podcast stuff and then eventually the online summit stuff.

And it was, it was when we it was like my first online summit that I was interviewing a bunch of cancer doctors and, all my favorite ones, kept, kept referring to how closely they look at heart stuff.

Right. D-dimer levels, fibrinogen. And they're the ones that started making this point that the, you know, the number one killer of cancer patients outside of cancer itself.

But then we were just talking about what does it mean to be killed by cancer? You know, we are not exactly sure. Is is indeed is indeed, heart conditions, strokes or heart attacks, so on and so forth.

And and that also so I mean, they're, they're, they're keeping a really close eye on, on those levels because obviously they don't, you know, don't want their patients to die of a heart condition.

But then, but then also going back to that, that, you know, root cause, it's, it's all kind of the same stuff, right? They, they also want their, their patient's circulation to be in tip top shape because they want oxygen getting to the cells.

They want, toxicants moved out of the cells and, you know, out of the body. And, and yeah, so it's, you know, again, from, from the whole systems approach, treating the whole body from a holistic perspective.

It's just it's amazing how much crossover there is between cancer and heart disease. And all the other chronic stuff. You mentioned the root cause. So inflammation is indicated in all of this.

And that's been a reoccurring theme of all the interviews that I've been doing. Yet. You know, inflammation is not the root cause. It's the mechanism that's ultimately triggering the whole thing.

But it's like when we say, cause we're using it, it's, it best way I would equate it would be the wood that keeps the fire going.

Toxic Exposure and the Turning Point After Ryder's Diagnosis

Right. And the fire, you know, is inflammation. So, when did you, in this whole journey and we can dive in this road because my intent with this conversation.

Ryan, one reason why I asked you to come on my way, thank you again, is to really make this super, super practical for people, because we've heard from the doctors and the cardiologists and the experts and everyone about toxins, toxins, toxins and toxicants, which actually is different toxins, you know, getting.

Stung by a scorpion or something. That's a that's a toxin. It's a. Toxic event. Like a pet peeve. Is that funny? You're one of the few people that use that correctly.

Toxicant is a Man-Made toxin, right? So, I'm glad you said that. So it's like everyone's mentioning it, and we get a little snippet in here, but I'm really hoping and I'm going to challenge you and I to give a masterclass.

And what can we do at home? Going back to your first summit about, healthy, toxic, free living space, but but when was it in your journey with Ryder that you're like, whoa, we have a toxic problem, and we got to fix this thing.

Like, what was the light bulb? And maybe let's try to shine some light by light bulbs on in people's minds that, like, like we really got to take this thing seriously.

Yeah. And, you know, I think that my wife and I were already. Teddy and I were already going, you know, getting healthy, whatever the whatever that could mean.

In the, in the months and even years leading up to to conceiving Ryder because, you know, we we were starting to watch the health documentaries and listening to health podcasts and trying to take all that stuff more seriously.

And, so, yeah, when you look at, when you look at our lives compared to a whole lot of other people out there who's whose children didn't get cancer, it was, you know, a little bit of a you know what?

What the heck? Are you serious? We thought we were doing, you know, the best by our unborn son and that sort of thing. So, I mean, yeah, you could say in that sense that the light bulb had already been on.

It just it got turned way up when, the 11 days before his first birthday, when, you know, we found out he had stage

four cancer. And, you know, that being said, it's we were already doing the getting healthy thing.

But then when it when we actually got that diagnosis and the, the first day we got home and started to looking around the house with an absolute zero tolerance policy.

Right. You know, we we still filled up a couple garbage bags with, with stuff that we did not want in the house or anywhere near our, our son. Right. So, yeah, it's a, it's a it's an odd it's a ongoing spectrum, I guess, of, you know, you can go keep going deeper and deeper and deeper and figuring more stuff out.

But yeah, at the end of the day, it's there's just especially today, there's there's really no reason to be at least within your own home. Right. And you can do a lot, outside of your own home as well.

But there's not a lot of reason to be exposed to toxicity if you're just really intentional about it. And and I agree, you know, I'm not the I'm not the, the expert doctor who is going to tell you about all the different pathways and what, why they matter and these sorts of things.

That's, you know, I, I make a point to understand as much as I need to. But at the end of the day, like I said, you know, we've we've always just been coming at it from the perspective of, okay, I just let me understand enough about what the problem is and then go crazy researching, you know, every possible solution to that problem.

Right? And, and then trying to the it and, to, to implement it into our lives the best we can and to, and, you know, now to, to help others to do the same as well. So, yeah. Yeah.

No, I definitely, definitely be up for the, the masterclass on on what the heck to do about all this. And years later, writers thriving. And then you find out that Rocky has severe what grade three I forget.

You should know we did. We did an event on it. Together, and it was three years ago. I, I forget the grades. I'm sorry. It was a grade. High grade, eczema.

High grade. I forget the grade. I'm sorry. Stage four, grade three. But high grade. Exact. And then he took it to another level. Which, before we do this, thoughts coming to me, which we've on which is the underscore and I, I actually don't think you give yourself enough credit.

And that's because you're very humble. Super much you're super much. You're very humble. And I appreciate that super much. I'm an English major, and I just said the most grammatically incorrect phrase, which is kind of humorous, but it was major.

Isn't it cute? So here's the thing, buddy. You, during these experiences, especially with with your first with writer brand new, you know, new dad, baby, baby one year old.

You had to be a patient advocate, a fierce patient advocate. So what I want to do is just a couple things here.

How to Advocate for a Loved One in Medical Care

A lot of folks listening and watching their loved ones, have heart problems specifically, or cancer or a number of litany of things. And, and I'm thinking of my mother in law who's going with my father in law to all of these doctor visits and, and not really knowing how to properly advocate for him.

But whether you're a woman or man and you are, you have a loved one and you're going to these doctor visits, or you don't know if you should go to doctor visits with a loved one.

Can you give us some tips on how to be a good patient advocate? And that is something that no one speaks about because ultimately, when you maybe, maybe not are in front of the doctor prescribing something or sharing something or diagnosing something, it is really hard.

Especially when you get dropped with a cancer diagnosis or a heart disease diagnosis or a whatever. It's hard to think clearly. It's hard to make educated, wise decisions, especially in the moment when they're like, schedule surgery now take this drug.

Now it's like, what in the world? So can you give us some some practical advice on how to maybe stop the clock, take a minute, how to help someone advocate or even advocate for yourself.

Better. Well, my my early days of being a patient advocate, but might not, you know, might not be the best, best example. We were pretty, pretty fiery in the, in the hospital there.

But, you know, it's in this this isn't going to be entirely popular either. And you know, a lot of holistic and alternative and, you know, that, that sort of thing.

Doctors don't don't even really agree. But, my, my version of being a patient advocate or being a patient yourself is was always just having a really coming to peace with the fact that, you know, the conventional doctor that that we're dealing with has a training in a very small window of, of what it means, you know, to to understand health at a, at a fully holistic level.

Right. And, And you know that they know what they know, but they really don't know what they really don't know. And furthermore, you know, if you're if you're researching all of this stuff from the, from the holistic perspective and, you know, kind of seeking their approval on it, even if they were open minded enough to, to look into it and, and say, oh, you're you're on to something here with, with the way that, you know, the, the legality of the conventional medical system is set up.

You're, you're asking them to, to risk their license to, to risk their job, to, to actually agree with you on some of this stuff. Right. And and so it's yeah, I, I just, you know, it doesn't take long to look at the, the origins of the mainstream medical world and the, you know, going back to the Flexner Report and all, you know, and everything that transpired 100 years ago that led to that pharmaceuticals being the only thing that doctors are allowed to prescribe today.

Right. Once you understand that, just just come to peace with that, that you know, that that doctor is. Yeah. They can help you out with some stuff, on the drug front.

But when it comes to researching all the other stuff, you know, it's it's kind of a fool's errand to. I mean, to, like, really be trying to get their their buy off on on everything you're looking to do.

And, and that being said, I'm also not saying to just go it alone. There are, you know, I kind of consider myself at least on the, the, the cancer side.

But then again, I considered, holistic cancer doctors to be the best holistic all around doctors because of, you know, what I talked about earlier, you just you do have to know about everything.

Yeah. There are really, really, really, really good holistic, integrative and not just holistic. Like, I'm going to teach you about probiotics and, you know, vitamins and stuff like that.

But integrative doctors that, that know all about the drugs that the, the conventional guides are prescribing and when it, you know, when they might actually be warranted, versus versus when not and when they are warranted, then, okay.

You know, here's the modification to think about and here's things to take along with it. So you're not going to get slammed by the side effects and so on and so forth.

So that's that's been a big part of, you know, what we've done in the past several years is, is advocate for one learn learning all you can. Right. But then also, you know, that's that's why doctors are doctors is because they do have decades and decades of experience, seeing what actually works and what doesn't.

And you're no good with, be it, be at a stage for cancer diagnosis or a serious heart issue. You're you're not going to know. You're not going to be able to catch up to to knowing everything they know about every potential interaction and consideration and, all these things overnight, no matter how much research you do.

And so that's, that was that was always our thing, right? It's weird. You know, I'll, I'll listen to the I'll listen to the conventional doctor and what, you know, what they have to say.

But I also knew that I was working with one of the best integrative, holistic doctors in the in the country slash world. And, you know, he did. So I'm going to listen to these guys over here and, you know, hear what they have to say.

But then again, I'm listening to my integrative guy a lot more because he's he's got this, this bigger perspective. And, and then I can bounce stuff off the, you know, what the conventional guy said.

I can bounce it off the integrative guy and, get, you know, get their response and anyway, yeah, that's, that's it is just being at peace with the fact that you're, you're never really going to get 100% bias from the conventional guys.

And doing all the research you can and, working with experts slash professionals on the, on the integrative side. Yeah. And question, you know, the Bible says test all things, hold fast to what's good, hold fast to what's true.

I mean, we need to always be asking. We always be wondering that second, third. It's almost like a proverb now. Yeah. Second opinion. No. Like you literally should get a second opinion.

It's like, you know, you really should go 2 or 3 times just to see. So thank you for that, I really do. I really appreciate that. Stern method.com. Love it.

Love the resources. You got this really cool tab here under what we use called the no talks life. You got a lot of things here, buddy. It's a lot of things.

And it's daunting for anyone to go from toxic home to nontoxic home. It is. And I was having a conversation with Tom O'Brian, and Tom's like doctor Tom O'Brien said, look, just to spend one hour a week doing one thing, and over the course of week after week after week, six months, you'll find yourself in a completely different place than where you were when you started.

And that really helped kind of break things down, like tackle one thing one hour, one week and one week time, six months, whatever. You know, math. I'm looking at 26 weeks.

That's a lot to change. Yeah, that one year, maybe two years. Whoa. You've been doing this, what, decade plus more? And how what? Go into this little masterclass idea that I want us to do here?

Where's the think money and think cost? Think is what's the quickest, lowest hanging fruit that give someone the biggest bang for their buck?

Low-Cost Ways to Reduce Toxicity at Home

Thinking this out of all the toxins, out of all the things that are putting you at risk of heart attack, stroke, heart disease, cancer, the whole gamut, this is the the first and then kind of let's, let's go up the tree, so to speak.

But what's the lowest hanging fruit? Easiest, quickest, cheapest thing. Change the air filter on your furnace. If you never have. That thing's horrifying and you know, you're you're breathing all that all that stuff. And every time you're every time your furnace comes out and 99 out of 100 people, I mentioned that to have never thought about changing the filter on their furnace.

So there you go. That's that's the lowest hanging fruit I can think of. I love it's 20 bucks at Home Depot. Yeah. Perfect. All right. Yeah. And just to to.

I love doctor Tom. I'm glad he's glad he's on this event. His the way he puts things makes a whole lot of sense. Right. And I'd kind of add to that, Yeah. Just chip away.

Added a little bit of a chart at a time, and you'll be amazed what happened. And six months in a year and, you know, another, another piece of that pie, I guess, is just whenever you're, whenever you're considering, you know, speaking of money, whenever you're considering purchasing something, be it food or something for your house or clothes or whatever, that's a really good time to take a step back and say, you know, if you if you don't know anything and you're, you're just kind of getting getting started on the journey to, you know, nontoxic living and that sort of thing.

That's, that's that's a great time to. Okay, pause and say it could this, could this category of item that I've been buying the way I've been buying it, could it, could there be some toxicity to it?

Right. And, you know, you're you're considering buying a, a new shirt and you've never thought about could could the shirt I'm wearing be be toxic or not?

And, you know, you can hop on. I used to say hop on. Just, you know, an internet search engine and just type in, you know, shirt, fabric toxicity or whatever it is that you're that you're doing.

We were just talking before we before we started recording that, I have been a lot of fun to, you know, take these, take this sort of research to the next level.

And I would also, you know, go back and add that into, the, you know, the patient advocate discussion as well. Platforms like perplexity, consensus, ChatGPT is what everybody knows about, what is it?

Yeah, I just found out about another one the other day. I think it's just EW.com yeah. And you still have to double check, you know, cross-referenced and the best way to cross reference one AI platform is to check it against another one.

Right. But, anyway, so you can, you can, you know, just hop on an AI platform and just ask, you know, what? What are potential toxicity concerns with with clothing, fabric.

And then you can find out that, you know, if you're if you're wearing polyester, then you've literally been rubbing little, you know, little plastic fragments against your skin.

Your skin is the most porous. You know, it's sweat, arguably, even worse to take stuff in through your skin than than it is, you know, eating it because there's no digestive system to even handle it.

A lot of this stuff's going straight to the bloodstream. Microplastics and nano plastics are arguably the scariest thing. The scariest development of all the, of all the scary toxicity stuff out there.

I'm probably most, most tripped out by by nano plastics these days. But, yeah, you know, find out that polyesters really not a good idea. And, you should be using natural fibers and, then, you know, you also find out that, and, you know, you cannot rayon.

And it's not just polyester, right? You find out that stuff like rayon is, you know, produced with a bunch of chemicals and so, anyway, I mean, it comes down to what?

What do you want? Wool, linen, cotton. And then there's, you know, organic cotton versus not organic cotton. And, same reason you wouldn't want to be eating, you know, eating pesticides.

You also don't want to be wearing the pesticides. Anyway, I could go down the list, right. And and from a practicality standpoint, I'm not saying throw away all of your non-organic clothing from day one.

Because that would be really expensive to try to replace. Replace it all with, with organic clothing. Right. But, but,

you know, like underwear and, and just stuff you wear around the house, that's kind of easy to just get a get a uniform of.

Okay, I'm going to get a, a couple pairs of, you know, a set of underwear, you know, a couple pairs of sweatpants, pack of undershirts. That's a that's my uniform around the house is, you know, organic, organic, nontoxic undershirt and, some type of linen shorts or sweats or whatever in the winter.

And that's, you know, I'm at home way more than I am anywhere else. So I'm wearing organic stuff, at least at home all the time. So anyway, I mean, that's just one example, right? But, but yeah, you I would say that's the that's the overarching kind of adding to, to Doctor Tom's wisdom.

There is every time you're about to buy something new, you need a new couch. Same thing. Go to go to the internet. Go to I go to search and just, you know, furniture toxicity concerns and what do you know, if you're if you're just getting, like, kind of the default, default furniture, then it's, it's off gassing formaldehyde into your face or, you know, into your body.

That's the it's your bed. It's your pillow. It's off gassing it in your face. So, yeah, I'd say, you know, that just step one is the easiest. The easiest thing to do is just, you know, stop buying anything that's toxic from from this day forward.

And, and then you're going to learn a whole lot, right about, you know, what? What is what you already have that's toxic. And then you can you can start, you know, replacing stuff from there.

What else should I say about, You're, you're underscoring something that's really important. So this is what do you do before you stop the bleeding? Like, stop cutting yourself, right?

I mean, we we the the notion of stop the bleeding, stop the bleeding. I get that, and that's okay. Air purification, pure water. You, like you said, throw away the polyester.

But before you do that, like, stop. Bringing it in. Stop cutting yourself. Yeah. So you don't need to even stop the bleeding. Begin with. So imagine less cuts to put Band-Aids on.

And essentially, I've never heard anyone say that. I think it's so brilliant. And it's so important because every purchase we make is a choice of whether or not I'm going to add two, or potentially take away from the toxic exposure that ultimately will hurt our heart, our brain, and every organ leading us to more heart attack, stroke, cancer, and the whole list.

That is wonderful. And add to that, and I think that right there is a takeaway enough to make people think, and I love and any other little tips you're giving and how to search.

Because the big thing about AI, just like Google is proper input, will give you the output that you want. So the query, the search, the command, whatever it is that you're putting in AI, it needs to be specific enough to get you what you want.

And I strongly encourage people, like I've said this so many times already, AI has level the playing field. What used to take me hours or days to research is now done in minutes.

It's like, whoa, I'm I'm so more unbelievably productive than I ever could have been ten years ago. Five years ago, whatever. It's it's beyond human, right.

It's so it's completely augmented. My ability to do things, which is awesome in a good way. So amplifying. We're all superheroes. There's no language, there's no knowledge barrier anymore.

Y'all. Like we are all, praise God. I do believe that. It's a blessing. I has really leveled the playing field. Burnout. Burnout. And let's embrace it.

Go. Google used to be, really a really good research tool for for holistic health stuff as well until, you know, we know what it is now, but, Take it take it for what you got.

Yeah, yeah. Someone else mentioned that in the event as well as, like, okay, I'm going to be positive and hopefully there's going to be, you know, properly sourced non controlled avenues, but all right, what else like do you want to go from room to room.

I'm product by. Product I mean just so. Much to do. But anyway, just again, I'm thinking biggest bang for our buck. Things that people can do, things that people really, really can save time and money on and be. That'd be wonderful.

Air, Water, Paint, and Product Swaps

Yeah. So I mean, everybody's, everybody's heard to to get an air purifier. You should get an air purifier. Start out with one. Then we, we got, we got one for writers bedroom.

And then when, when you woke up in the morning, then we lug it across the like it across the house to the family room. And, then we got one for his bedroom and one for the family room and blah, blah, blah.

So we just we kept going from there. Water purification is I, I've, I've gone back and forth, you know, a zillion times on, on what the quote unquote best purification method is.

Right now I am, I'm, I'm a distilled guy because, that's the the only research that I can find on on nano plastics. Nano plastics are so small. Yeah. It's they're passing through every, every known filtering, you know, carbon filter or even arrow.

It's just they're they're that small. However, there's, they're starting to starting to there's a few studies out showing that that boiling water will at least encourage a good majority of the nano plastics to condense and kind of fall to the bottom.

And, you know, so they're not studies specific to distilling. But, I mean, that's essentially what distilling is, right? Is, is boiling the water and then the steam, you know, goes from over here to over here, and then and then it condenses.

And so that for me is is all I really needed to see is, okay, that this is this is the only the only thing that's even doing anything for Fernando plastics.

So yeah, it's, it's distilled water from, you know, and, and it is like a little more of a, you know, a lifestyle modification because you can only make so much at a time.

And, you gotta you gotta pour, you know, you pour the water in the tank, and then it takes a few hours to, evaporate on the other side, and then you pour it here, and then it's hot, and you pour it into, you know, whatever, whatever you're using to store it in. And, so, I mean, yeah, but you just kind of get used to.

Okay, I see that the distiller is, done. I'm going to, you know, dump, dump the good water into some glass jars, and we just have, like, a zillion huge glass mason jars laying around now and like, the big 64 ounce ones. And, you know, I just every time I see it's done, I fill it up and then get the, get the distiller going in with the new batch and, yeah.

So that's, that's real. And there there's the whole, you know, it's, it's going to suck the minerals thing out of your, out of your body. I, you know, we.

I honestly like drinking distilled water with no minerals in it because I kind of want it going through and pulling anything out that that isn't already in there.

I don't I don't think that's, you know, going to completely deplete you of minerals day one. I mean, it half the time I'll drink just straight distilled water and then the other half of time we have a bunch of different of our favorite trace mineral supplements and we'll just, you know, add some trace minerals back into the water and bada bing, bada boom.

Yeah. So there's that on, on, on water. The airfield did the other. So a big, a big air quality thing. So as you know, we took living in a nontoxic house to the extreme and built a house in the middle of the woods with, you know, nontoxic materials and that sort of thing.

Zero EMF on the property. Not not everybody is going to go to that extreme. Nor should you. But one of the things we one of the things we noticed or, you know, we found out about when we were building the house is just like every default purchase.

You know, if you're not thinking about it, you would make it the at the grocery store or the furniture store or whatever else. It's it's all toxic. Same thing goes with with building materials for a house, right.

If, if the default is the whole thing is off gassing, formaldehyde, and a whole slew of VOCs, and it's it's not good. What you can do about that, if you know it, outside of going and building a new house from nontoxic materials, in the middle of the woods is, there's a brand of paint called, Well, the brand is called affirm Safe Coat.

And, it's what we used when we when we did build our house because one, it's it's nontoxic. But it's also designed to block that toxicity from, from coming that the, the off gassing from coming into the house.

Right. So it just keeps going the other way back out of the house. So, you know, if it's so it's kind of a, a little bit of a next level thing, but, you know, next time, you're next time you're going to paint your house or if you, you know, if you're doing the going down the checklist of everything and like what what else can I do to make sure that this place that I'm living is the most nontoxic that it can be?

Yeah. Throw a throw a paint, throw a coat of paint. I told you I was a little run down, throw a coat of safe coat on the walls, and, yeah, you're going to be blocking all that of all that off gassing from from coming into the house.

That's a pretty big deal. And again, I mean, you know, the cleaning products thing, the personal care products, it's you can spend a long time on that, or you can just say, don't add anything with with a label, if it has one, if it has one ingredient, that's not a natural thing that that is something you can't pronounce.

And it isn't like just plain coconut oil or, you know, whatever the ingredient is, if they're if there's. And this is a lot easier now than it was ten years ago when when we were, you know, trying to find replacements for everything.

And there was only really a couple natural personal care products or, or cleaning product brands or whatever. Now it's there's so much out there that there's just really no reason to have one chemical in anything you use, personal care products, cleaning products, all that kind of consumable type stuff.

It's there. There is a 100% natural solution for whatever you're looking for there. That's just it's just that simple. And, yeah, I mean, you know, but like you mentioned, we we list a lot of our favorites on, on our site, EWG Environmental Working group.org.

They're the great, great resource as well. They rank all this type of stuff. Although they rank ingredients, they don't necessarily rank whether it's, whether it's organic, you know, produced without pesticides or not for, for, for personal cleaning products or for personal care products.

So we, you know, that's, that's in our evaluation criteria. I was going to go somewhere else with the, after the, after the personal care products. Well, I appreciate what you said about safe code.

Because it's it's they they their advertisement here is brilliant. If you go to AFM safe code com it's problems associated with sick building syndrome.

And the only person that mentioned that that I've interviewed so far has been Doctor Peter Osborn. And he's uncovered the mold story and how mold has affected him and his family.

He's just he's coming out the documentary on mold, and that's a whole nother topic. But SickKids sick Building syndrome that that's something I want to leave everyone with sick building syndrome.

And it's something that's been around for a long, long time without a name. Now there's a name to it. And then hopefully with all this awareness that we're creating and people buying these products.

So I just wanted to you said something that I'm trying to understand with Safeco. Of course, it's not off gassing, which is great. There's it's not emitting harmful volatile organic compounds, those VOCs.

But did you say they're here? You right. Did you say that safe code prevents. It's like a barrier of sorts. It prevents off gassing from inside the walls or from outside.

Yeah, yeah. Oh, yeah. Really? Okay. Just like this is huge. If you like, for mold again, I just got my mind blown about mold. And how many homes have mold in it right now?

Like, it's really, really, really hard if you live in. Let's. That's actually where I was going to go with it. Come on. I'm I'm connecting the dots. This is a huge discussion.

So you can actually help protect your home from mold without having to break down the walls and renovate your whole house just by putting safe code. Safe could could help.

Well, I'm talking there specifically for it. Yeah. I'm talking for for off gassing, formaldehyde, VOCs, that, that sort of thing. I'm trying to think of how that would translate into into mold.

It, it more behind the walls. Yeah. Yeah. I mean, that's what I'm saying.

Mold, Ducts, and Hidden Home Hazards

Mold behind the sheet. What's what where it is. You're not going to find like Doctor Peter is very clear, like most mold, you're not going to find in your it's not obvious.

You're not going to see it in your, in your, shower. It's like it can also it can form in your, in your ducts as well. Your, your air force system. So do that.

That's another thing to put on the checklist. Right. I mentioned, you know, cleaning the know getting a, getting a furnace and a new filter for your furnace.

But every every three years or so, is it kind of a good, good marker for having a, having a company come out and, clean your clean your ducts. You can just search, you know, Hvac duct duct cleaning company and, yeah, that's that's another another big deal is, is keeping those things clean when it comes to the air you're breathing.

But, yeah, I mean, that's, you know, what I was going to say is I'm not, you know, now, have to ask the Safeco guys what they come on, because I haven't I haven't thought about that before, but yeah, I mean, if you've if you've never had a mold inspection in your house, get a mold inspection in your house.

You know, there are companies that that you can, that you can, you know, take air samples and dust samples and these sorts of things and set it in. My understanding is that's that's great.

And they catch a lot of stuff, but that there's they're not that most of the it's not 100%. Right. Some people will do those, those kind of, you know, samples.

Send in your sample tests and the samples are clean, but then they they have somebody, you know, a local mold

inspection company come out and, and the, you know, the the local guy does find mold. So, gold standard is is still having a, having a physical inspection with, with the company that's trained and and finding mold in all ways.

Yeah. Yeah. If, you know, if you've never done that before. Yeah. Put it on the list. You know, we we built our house, what, 2018 and, you know, it's it's it's been standing long enough where I think it's probably about time we get a house.

Should have hold inspection. Just we we have had some water damage. Right. So, Yeah. Yeah, yeah, that's that's a that's a really big deal. Completely random and way off topic.

But, the just the, the mold slash infection concern, I'm sure it's been mentioned. But, you know, maybe they didn't listen to to that interview, just going back to the shared causes of cancer, heart conditions, that sort of thing.

If you're so if you're building it, if you're building a house, look for a building biologist. If you're getting dental work done, look for a biological dentist.

Yeah. The cavitation infected, infected root canals really big, you know, probably the least talked about cause of, of cancer and probably the least talked about cause of heart disease.

So I always try to throw that in there as well. But yeah. Yeah. On the, on the, on the mold front. Really get rid of your carpets if you, if you still, if you have carpet, there's, you know, you talk to talk to construction guys and, at every time, I mean, any kind of home remodel, you know, construction type guy, I that's the I always asking the same question.

Have you ever, have you ever ripped up, cut, ripped out a carpet and there wasn't just horrible, nasty stuff growing under that carpet. And I've never met I've never asked that question and had somebody tell me, yes, there was one time that I ripped out a carpet that didn't have horrible, nasty stuff growing under it.

It's the same thing every time. So, it's. Just one spill, right? And I've seven kids, right? One spill. That's just one pee from the dog, one pea from the kid or one whatever.

Yeah, whatever. Yeah. This has been awesome. And, like, I can't believe this is. We're already out of time. Like, we've covered patient advocacy, creating a heart healing, nontoxic home.

How do you use AI to fast track your health journey? And that's a really big thing. Really look into that more and more. And sick building syndrome, like this whole concept.

And chances are you're suffering from sick building syndrome, folks. It's not a shameless plug. You have to go to the stern method.com. You're going to get a cornucopia of information, guide, step by steps, podcast interviews, whatever medium it is that you like.

There's a membership that you can subscribe to, newsletters, all kinds of things. Blogs, product recommendations. Just spend a little time and, and literally just take advantage of the blood, sweat and tears that Ryan and Teddy had poured into this, to heal their own children and themselves and be a light.

They're helping just hundreds of thousands of people around the world. Millions at this point. So, man, unfortunately, we're out of time. Buddy. And I would love to do a part two, part three masterclass, but I know you do this as well.

So, what what parting words would you like to share with everyone before we go?

Daily Detox Habits and Final Takeaways

Yeah, on the, on the on the toxicity front, don't we talked about getting the toxicity out of your life. Right. But then you also had to get it out of your body, and, people talk about detoxes and that sort of thing.

Don't don't focus on, like, what the what the, you know, what week long smoothie, juice cleanse should I do? Or, you know, the doctor so-and-so's five day detox and blah, blah, blah.

It's just live a lifestyle and, you know, it's kind of going back to Doctor Tom's advice and just live a lifestyle of detoxification. Right. And just do and you could I'd broaden that out to live a lifestyle of healing.

Right. And just do do something to heal every day. Do something to detoxify every day, every choice you make. Like, you know, we talked about what you purchase.

It's it's either contributing to healing or contributing to disease. Just start thinking really critically about that and making making every choice a healing choice. And you believe in a way, way, way, way different life before you know it.

And it's a it's a good one. It's not it's not a sacrifice or a burden either. It's it's just, you know, you just it's just different choices. It's it's not hard.

And it can be fun. It can be exciting if you're a problem solver, if you like puzzles, you're going to love it too, because, the the layers of the onion as they, as you peel them off, it's gets really exciting.

It does. It's a fun life. I've been living this now for 23 years, and it can't wait for the next 23 years. And one of the reasons why I love these interviews and talking to people like you is I get little tidbits like, oh yeah, yeah, yeah.

And that's what this is about. Yeah, this is about the community, what I call my natural living family. Just people that want to live a natural living lifestyle and we support each other.

So get plugged in to the stern method and Ryan and Ted eastern angle. Love and appreciate you, brother. I thank you so much for your work and for everything that you've done.

I really do, because freely you have received and freely you have given so much. And I mean that from the bottom, my heart. And, folks, thanks so much for tuning in, as always, is Doctor Eric and Lenski.

My hope and prayers that you and your family truly experienced the abundant life. God bless. We'll talk to you soon. Bye bye.