Is Your Cookware Working Against Your Health? Transcript

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Gut-Brain Connection and Cookware Risks

Hi, I'm Doctor Monisha Bhanote, leading authority in longevity medicine, and through my work at the Well Cool Institute, I have seen firsthand how delicate and how powerful the gut brain connection truly is.

That's why I want to bring something important to your attention today. You're here because you care about your gut and your brain health. But what if the very pens you're cooking with are quietly making you worse?

In 2024, researchers at Flinders University discovered that just one scratch on a Teflon pan can release over 9000 microplastic particles in your food.

And these particles don't just pass through it.

Microplastics, Brain Health, and Safer Cookware

They've been detected crossing into the brain, and Nature Medicine has reported that dementia patients had up to six times more microplastics in their brain tissue than those without cognitive decline.

That means every time you cook a healthy meal, you could actually be adding toxic particles that disrupt the gut brain connection and make healing harder.

That's why switching to safer cookware is so important. And that's where the Chefs Foundry P600 ceramic cookware, which you see right here, comes in. It's 100% free from PFAS, Teflon and all plastic coatings.

This is a Swiss engineered ceramic, naturally nonstick, toxic without toxins. It's trusted by leading doctors and health experts as one of the safest ways to cook.

Chefs Foundry P600 Offer and Summit Discount

And now, here's a really exciting part since the Gut Health and Longevity Summit is happening right now, Chefs Foundry Team has created something incredible for our attendees.

For a limited time, you can get the P600 Ceramic Cookware Set. This set at 50% off, but only while supplies last. Here's the thing. Click the link below to claim your special offer before the sets are gone.