Microplastics Are Everywhere And Whole Foods Aren’t Enough with Daniel Powers Transcript

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Introduction to Modern Toxins

Hey friends, do you ever feel like you're doing all the right things and yet you still don't feel healthy? The truth is, we're facing a level of environmental toxins our ancestors never had to deal with, from microplastics in our water to chemicals in everyday products.

Our bodies need support in a modern world that just doesn't always make wellness easy. I'm joined by Dan Powers. He's the founder of Utzy Naturals. Dan is a husband, father of five and a passionate voice for natural health and clean living.

In this conversation, we explore what toxic burden really means, how it affects the body and realistic ways to reduce exposure and most importantly, strengthen resilience without fear, stress or perfectionism.

If you want practical empowering steps to protect your health and your families in today's world, you're going to love this episode. This is Everyday Ancestral.

I'm your host, James Berry. Please enjoy Dan Powers. You know, I am always talking about real food, nose to tail, getting organ meats in your diet, and really just in general, like living as ancestrally as possible, but in this modern world.

But why we're having you as a guest today is because the modern world brings with it a lot of toxins and a lotta things that didn't even exist ancestrally, like microplastics.

And so the reality is, is we need new tools. We need to be thinking about things that are kind of outside the ancestral conversation. Now, hopefully we're going to still cover some ancestral things this modern world, but I think we have to be honest with the fact that there are things that are very foreign to how our biology was originally designed.

I've always been a whole foods kind of guy, taking that approach of just eat right, get exercise, and get good sleep and that handles everything for you.

That's like 99.9% there. And it's been a realization the last couple of years as I've dug into all these toxins that we are exposed to on a daily basis and realizing that whole foods alone will not cut it.

Sometimes we need to bring in some special tools to help us out. And so super excited to be on the podcast here today and talk with you, James. Yeah, so what's motivated specifically your passion and your deep dive into microplastics?

It is definitely trending. If anything, I think you're ahead of the curve because you've been obviously focusing on it for a while. But I feel like, particularly when I thing of food and salt, for example, Five years ago, all you're hearing about is lead, which we're still on the tail end of.

Why Microplastics Became a Focus

But now it's like, well, what about microplastics? Because you could focus on one thing, but then there's another thing that is present. And so what got you on a path of micro-plastic?

Yeah, so my journey essentially started when I'd seen kind of the scary articles come out over the years, you know, microplastics are in water bottles and different things.

And I kind wrote it off like, okay, there's gonna be some exposure. Didn't really think too much about it. But then about 14 months ago, I read a study in the New England Journal of Medicine and it showed that micro-plastic were in blood and that they were impacting heart health.

and leading to cardiovascular issues. And once I read that seminal study, I was like, shoot, we've got to do something about this because this is going to become more and more prevalent.

Microplastics, plastic containers, in our food supply and water supply is gonna become a more of a thing. I actually reached out to a couple of the smartest researchers, scientists that I knew, and I was like, hey, what can we do to fix this?

And they were all like we have no clue, like no no, clue how any of this works. That essentially started me on a journey of, okay, I need to research microplastics.

I needed to figure out what these things are, how they get into our food system, and then how do they interact in our bodies. And so that's been kind of my journey over the last 14 months.

All that has led to building a product, micro plastics daily detox. But really, there's such a learning process along the way. It's wild. So these micro plastics, Essentially, these are small particles of plastic that we consume.

The research says it's five millimeters or smaller, so that's about the size of a sesame seed or a smaller. And what these things do, they're present everywhere.

They've found microplastics on the top of Mount Everest and in Marianas Trench. So literally, the Top of the World and the Bottom of The World, there's micro plastics there.

it's wild. And so the exposure for us living in cities, in communities, eating, you know, regular food or water that's available to us, we're getting exposed.

So the creation of these plastics started as something to you know, make it easier to ship products to to have packaging right for food. So while that's a huge technological advancement in being able to save food that is protected through the shipping process and on shelf.

The issue is though is those microplastics, well I should say plastics, break down into micro plastics. And so really a lot of this started showing up in the 1950s and 1960s.

So this is a new thing. They've only been around for 60 years. Do you know what were some of the first uses of plastics at that time? Yeah, so I've read a couple books talking about this and one of the original inventions, this was prior to packaging, but they were looking for a way to create pool table balls that didn't break down because they used to be made of, I believe, ivory.

And so they needed some sort of harder plastic, something that wouldn't breakdown. So that was some of that initial impetus behind it.

Common and Hidden Exposure Sources

Then as they started to build these different polymers and then like, oh, hey, we can stretch it and we taking to an extreme, we see more and more microplastics.

And so the levels have doubled over the last 10 or so years, and it's going to continue to double in our environment every 10 to 15 years for the foreseeable future.

So it is pretty wild. Yeah, it's incredible how prevalent it is. I mean, I've seen a video of where you realize like the Coke can is being disintegrated, that it actually lined in plastic.

You tell me, what are some ways people are getting exposed to plastic and they may not even be aware of, the non-obvious ways? Yeah, so there are a crazy amount of ways that we're exposed to microplastics.

So there's kind of the common ones, right? Would be plastic bottles, it'd be takeout containers. You know, you take your food in the take out container.

Plastic wrap, Yeah, yeah, saran wrap or especially when you have plastic that gets heated. So there's kind of a lot of these common ways. It's also typically found in water.

If your water is not being filtered, or if you're on city tap water, basically microplastics, for instance, in your clothing, so like polyester clothing.

A lot clothes have a 5-10% stretch blend added. When you wash that, that will break down the clothes through the agitation and those microplastics get in the water and then those go into the waters, water table.

And then that becomes later on part of our drinking water. So, so there's kind of these more common ways. But one thing I want to mention is there are seven little known exposure points that we're getting.

One of the big ones is actually called tire dust. Have you ever heard of that? You know, not really, no. So this is the dust that comes from tires on the road.

Yeah, so if you think about it, you have to replace your tires every two years or every year, whatever it is. That tire, that rubber, the plastic, it starts big and chunky and then it wears down over time.

Where do you all that plastic is going? It's getting volatilized into the air. So that becomes part of what we breathe on a daily basis. I think that right there is a revelation.

I even usually equate, oh, rubber is a form of plastic. I don't use a thing like that. Yeah. So you have all these different compounds and they all have kind of their own little particular things.

Whether it's the plastic itself or some of the compounds in it, like plasticizers. Plasticizers, a common one for that is BPA. Most people have heard of B-P-A.

They add that to plastics to make it more flexible so that you can You know, basically put plastic cups into different shapes and different things like that But you have micro plastics, which are basically the hard plastic and then you plasticizers, Which are usually included with the microplastics Plasticizers basically work in the body to disrupt hormones.

So they're endocrine disruptors. so they are these chemical structures and And what that can do is they can mimic hormones in your body, like estrogen.

And, what can that do, is it can lead to your, body thinking it has more estrogen or less estrogen than it thinks it really has. So, it impact your hormone levels.

You've got plasticizers and microplastics. Each of these having different effects that are negative on the body. Right, so it's potentially contributing to, you know, young girls having their periods younger and younger, right?

Yeah. If it is disrupting your hormones. So you had said there were like seven, kind of known, little known exposure points. You mentioned one was the tire dust.

Please continue. Yeah, so here's seven little known microplastic exposure points. A big one is dishwasher pods. So if you ever take those little plastic pods pop in your dishwasher, it's like, where did that plastic go that was wrapping your solution?

That's getting blasted all over your dishes. Another one, is your toothbrush. Think of those bristles that break down

over time. Where does that go? It goes in you mouth.

You swallow that, you eat that. Not great. Another big one that they just found out was IV bags. A lot of people are getting vitamin IVs. Well, that comes in plastic bags, those have microplastics going straight into your bloodstream.

Not great. You know, a couple other things too, I'll mention are tea bags people have seen probably studies on that, but teabags are nasty. Again, you have a plastic material with hot water, heat, plus plastic is really, really bad.

And then another big one is salt. A lot of the salt that we get contains microplastics. And if you think about it, especially even like I like Celtic salt or some of these different things, but you have stuff coming from seawater, seewater has micro plastics in it.

So there's actually some pretty cool brands out there doing good work in having micro plastic free salt. So that's another exposure point that we have that I'm an athletic guy.

I like to have a little stretch in my pants or my shirt so I can move around a bit more freely. But over time, the microplastics in that clothing can break down and become part of the water that you consume later on.

When you're washing your cotton clothes with those polyester and it's heating up in the dryer, are you technically exposing your cottons to microplastic as well?

Are the particles kind of, in a sense, infecting everything? You know, I had not even thought about that, James, but probably, yeah, there's going to be cross-contamination, which is wild.

Okay, wait. I got to go back to one of the points you made, because this is actually a hot topic for my wife and I, cause she made a comment about those dishwasher pods, and she was like, "I don't want you to buy those ones in plastic anymore." I want the ones without.

And I was like, that's not plastic. It can't be plastic, I said, because it's disintegrating, but you're saying it is. Cause I thought it was some kind of food, cause they can make kind food-based wraps sometimes that disintegrate.

I know that they have like candy wrappers that are sometimes like that you stick in your mouth and it just disintegrates. But are you saying there is plastic in some of those?

Yeah, for sure. It depends on the brand. I'm sure there's some natural brands out there that do a good job with this, but if you're buying kind of the big name brand, probably not great.

Oh, man. You know, and I talk about capsules a lot, you know? And how, yes, they're supposed to be mostly made of gelatin and all that stuff, I have to wonder, too, if those really cheaper brands that are selling supplements, how an integrity that is.

Is it possible even the capsules people are swallowing their supplements in that they might even have microplastics in it? That's a great point. That is probably true.

And especially, especially if you get into brands that use it more of a branding play of like, hey, here's the hot pink colored capsule, right? They want it to look cool, which is great.

But if not using natural vegetable dyes and cellulose or bovine gelatin, who knows what's in there? Yeah. Oh, man. It's just such a toxic soup we live in, you know?

How do they show up in people's health? Because I think we're all getting attuned to the word. Like, oh, there's microplastics, as you said, in our salt and these products in this modern living.

Health Effects on Gut, Brain, and Hormones

But how does it show-up health-wise? Yeah. So, you know, one thing I want to mention too is just the exposure, right? So there's all these kind of, we talked about kind some niche exposure points, but that are probably prevalent for most folks.

But some of the research shows that we're consuming up to a credit card sized amount of microplastics every week. Every week? Every So that's not amazing.

And then another aspect too, is they've found that we have a plastic spoon size amount of microplastics in our brains. So that was one of the pieces of research that came out recently.

So think of a plastic spoon. There's that amount of plastic in your brain right now. And here's the thing too, is they did studies where they didn't assay of folks in 2016 and then in 2024. And they found that the microplastics in the brain in 2016, it was a certain level, and it had essentially doubled over an eight year period.

So it's pretty wild, but there's more exposure points than ever. And then there is potentially some stuff in our health system that's impacting our blood brain barrier as well.

Something to really keep an eye on. This is starting to impact human health. So as we consume microplastics. There's a couple of different ways that they work in our body, but first they go into our guts.

And so as you have these tiny particles, this essentially creates, it's small to us, But from a microbial standpoint, It's massive and it is a bunch of surface area.

So the surface areas, you can have nasty microbes and bugs that will cling to that and hide in that. You have bad bacteria that can live in there and so that it can impact your gut health.

and feeling well, being able to digest cleanly. So that's kind of one of the major impacts that we've seen. Especially if you have a leaky gut or something of that nature, these particles can start to get through into your active bloodstream.

That's majorly problematic and especially as you start working up into the brain, like we talked about, where the body tends to lay down a lot of this into tissue.

It's thought too that that having those microplastics in the brain first off it can't be great good in general we can just say that but secondary is going to impact brain function right kind of foggy brain not being as clear your memory all those different aspects can be impacted by having these micro plastics in our brains So that's some of the big areas.

And you can kind of really think about microplastics as a Trojan horse carrying in all these other things into your body that they cling to those micro plastic particles.

So the other big thing is, you know, a lot of that the research has not shown direct, like, one for one direct impacts of micro plastics on health. A lot of the research so far has actually been environmental research.

So they're showing how microplastics impact algae or the cuttlefish fish of Southeast Asia or something like that. And they are just now looking at the impacts on human health.

which in my opinion is just wild. I think we should start with human health and protecting human and then everything else can come secondary to that. But yeah, we're seeing impact on gut health, on brain health.

i mentioned previously heart health where it's in the blood and impacting our ability to have a healthy heart. And then, you know, really, this is something that is my own personal opinion.

But I think microplastics are causing low grade inflammation all throughout the body. So if you think of your body as being a battery, right, You want it to be at 100%. But with the microplastics that's being embedded in your tissue all

throughout your body, you just create all these little micro pockets of inflammation, because it's a foreign object being laid down in you tissue.

And so you're creating all this inflammation which is requiring an immune response. So what that is doing is that draining your battery and your energy on that daily basis.

Instead of being 100%, you might be 90%, 80%, maybe 60%. So that's kind of some of the initial ideas out there for how these microplastics are impacting our health.

Oh, man. I have to think, too, that it could be affecting, because we talked about how it's affecting hormones, like a sperm count, testosterone for men, people getting pregnant.

You know, I half to assume that is also affecting that. Yeah, that's a great point. Um, and that there's been two primary places that your body has affinities for, um, embedding microplastics in tissue.

So the first is the brain that we talked about. The second is in the male reproductive system in, in testicles. And so, yes, uh, it's thought that that impacting our ability to, you know, have, high quality sperm and, for pregnancy, all those different aspects are being impacted by micro plastics.

But as you're mentioning, there hasn't really been a lot of studies on human health around this. So at this point, we've done a little bit of identifying, okay, this is in our environment, it's showing up not only in the environment but also in out bodies.

I know it has been shown to be found in breast milk as well. all over the place. The study, now what was the study on the, you said the scuttle fish or the cuddle?

What kind of fish was it? Well, there's environmental research on all sorts of water organisms. And so there has been this work up through the chain. So we see some impacts on how the food chain works.

But the real thing that we need to look at is human health. One of the crazy things is, You can't even do a control study on microplastics because there's nobody that is free of micro plastics.

So even if you wanted to run like a baseline control group, it doesn't exist, which is kind of crazy when you think about it. Yeah, that's, super scary.

Um, Okay, so we got a segue then into, okay, we're identifying that they exist, clearly. We know that their affecting human health. Were still trying to figure out how intensely it's affecting humans health, but we know it is there, it must be.

So if the science isn't fully there yet to identify all the P's and Q's, what should we be identifying? What can we doing in this modern society to support either detoxification or elimination of these microplastics in our bodies?

Yeah, so there's a ton of lifestyle factors that we can implement to help protect ourselves against microplastics and reduce our exposure. So some of the most important things are thinking about the liquids that consume, the water or different drinks, making sure that those are filtered and free of micro plastic.

Filters will filter out the micro plastics, even those nano size kind of things? Yeah, especially like a reverse osmosis system is a really good barrier.

And then a good chunk of the other filters, like I think it's like Berkey system, those are pretty darn effective. So I use a Berky at my house. There's kind of different ways to look at it there, but making sure that you have access to quality filtered water is huge for eliminating your exposure.

Some other areas to look at is how you store food. So you want to make sure you're not storing food in plastic containers. And then taking that plastic container and heating it up.

If you take that container, it's got last night's chicken piccata in it, throw it in the microwave, warm it it. In that, plastic will leach into the food, so you wanna make that you are storing foods in glass.

and just being mindful of how you're heating those foods up. Another exposure point people don't think about is takeout food. A lot of times take out food gets put in those plastic containers.

It's like steaming soup or whatever it is. You take it home, it's sitting for 10-15 minutes. Not great at a that's a micro plastic soup is what you're eating there so trying to reduce some of that exposure as well and then you know there's also some other kind of more natural approaches as So I think I mentioned earlier, but a lot of the clothing we wear has microplastics in it.

You know, opting for 100% cotton is great, trying to just reduce your exposure there. And especially like the sheets that you sleep on at night, you know that's, if you're getting eight hours at nigh, t if your blessed to get eight hrs a night.

you want to make sure that your sleeping on organic cotton to just, again, reduce those exposure points just so you can protect your body.

Reducing Exposure in Daily Life

I think that's a really good point. Like if something is, think about the things that we do the most often, right? Sleep in our bed, eat, shower, bathe, that if we can really almost start with those points of like, how can we remove as much of the items that might and or do have plastic in them from those lifestyle, you know, those everyday choices that we're doing or making just to live, I think is a really good place to start.

You know one thing that I'm also aware of, it's a tough one if you're eating out because most restaurants, now first of all, At home, I cannot stress this enough.

No one should be using a plastic cutting board. Yeah. Sadly, at restaurants, that is usually what they are using. It's how it's sold. I didn't even think about that.

Yeah, it's literally, that it is part of the restaurant culture. They have like a red one for me, a white one. they have different colors that they use depending on what they're cutting.

So if it produce line, you have to use the green one, if its meat line you'll have use red line. If it other things, its the white line and so they are color-coded and they all plastic.

And anytime you are cutting a plastic board, your absolutely shaving some of that plastic off, you're cutting through it, and then you are also creating little ridges in that plasterboard where bacteria can grow.

So not only are there a microplastic storm, they're also a bed for bacteria growth. That's wild, yeah. And folks might be thinking like, okay, do I need to just become a monk and go live in a monastery made out of stone and whatever, have like a well with my own water in it.

But there are ways that you can actually support your body. There's some really awesome natural detox processes. I believe God made our bodies with this ability to detox toxins that we come into contact with.

It's a good point. This is a miraculous body, and while we weren't created when plastic existed, our body hopefully is designed to deal with even modern stressors, things that it wasn't originally prepared for, but that, it's miraculous.

It is capable of doing these things. So to your point, what are some things we can be doing to ensure that we are naturally detoxifying? Yeah, so one of the cool things is general healthy living lifestyle type of stuff helps out with this, right?

So you wanna make sure that you're eating real food, I'd say ancestral foods, organs, and getting good sleep,

having good sleeve hygiene, like all the basics, you getting purified clean water.

So those are kind of like baselines, that we should all aspire to have. But then on top of that, if you want to get a little fancy, there's some natural ways to support your detox pathways.

So a big one is exercising, right? So you're sweating, that's getting stuff out of your body. I would recommend getting exercise on a daily basis or four to five times a week.

You can have some cardio. That's great for sweating, lifting some weights. It's all good. Another great way is to make sure that you are getting your body heated up.

So sauna is a really awesome option there as well. Brian Johnson at Blueprint, the guy that's trying to live forever, he just showed that he did some pretty extensive sauna protocols and he showed his body was able to eliminate microplastics at this really good clip by doing regular sauna.

Sauna is awesome. If you have access to sauna, great. But another user friendly way of doing that is just getting in a hot tub, like a bathtub of water with hot water and just sitting in there or taking a heart shower.

if you can kind of get that hot steamy effect, you get really a lot of the same benefits without investing in the whole sauna setup. We have to remember our detox, detoxification pathways are sweating, pooping, peeing, right?

Those are our three main detoxication pathways. And so ultimately, yeah, so you're identifying that you want to make sure you are exercising. You want make that sure that your maybe doing some kind of heat, heat like infrared or steam sauna to help move that sweat.

but then you can also sit in hot water as well. So those are all going to be really good resources for everyone. And we want to make sure that we're also doing the other two things, like that you're peeing regularly, right?

That you are also pooping regularly. If you aren't eliminating those two ways regularly then we also want get support there. I want to touch base because you have a really interesting story in that you're like fourth generation in really in this supplement business, right?

In a business that is focused on helping people with their health, but specifically kind of acknowledging that we can't get it all from our food. You have a brand that you're managing now.

I know your father started out supporting more the health practitioners with those practitioner grade level supplements, but you have product line now called UTSI, right?

I do. Yeah. Right. You said it right. Yay. I know I had this whole discussion with you. Like, how do we say that correctly? But Utsi is a consumer facing line where you have supplements, you of collagen, but you also recently came out with a line to support microplastic detoxification.

Can you just share a little bit about Just the kind of quality of sourcing that you guys have around you. What is the criteria for you to carry something in your product line?

Yeah, so my family's been in the supple industry for a long period of time, and so this has always been a passion of mine. And so when I first was learning about microplastics, I was like, what are some natural ways that we can support the body?

Because, you know, are we just kind of left to our own devices? Do we have to be in a sauna 24-7 or something? What are ways that we can help our bodies?

And so it started a 14 month journey of reading all of the literature that I could get my hands on and talking with experts all around the world and just try to figure out what are the natural ingredients that could support microplastics detoxification.

We know that our bodies can eliminate microplastics. They find micro plastics in stool, in sweat. So we know our body's eliminating them. It's a process of how can we find that pathway that the body is using and then support that pathways so it works really efficiently.

It essentially started an entire survey of what are the ingredients? What are their herbs? Where are they pathways? And so I talked with a bunch of just brilliant folks, researchers at colleges or all around the world, really, of, you know, what do the, ingredients to look at?

One of the big materials to utilize is called sulforaphane.

Natural Detox Support and Lifestyle Basics

And it's a phytochemical that's typically found in cruciferous vegetables. Now, a lot of people typically get that from broccoli sprouts or broccoli seed, which is great.

And so we kind of went down that pathway, talking with suppliers, and through the kind-of discovery process, we found that there is a new material that's even better than broccoli sprouts for Sephora prane, that is actually called black kale.

So there's this black kale that has grown in central Italy, And it has the highest amount of sulforaphane of any natural plant that's been surveyed. And so we're able to talk with the supplier, look at their research, and be one of the first to market to be able offer that type of material in our product.

So our project is microplastics daily detox. We use that black kale material as kind of our keystone ingredient and what it does is it helps upregulate the nrf2 pathway which is the primary detox pathway for microplastics and plasticizers so that's been a really cool process of kind of you know trying to tackle this problem of what are these natural ways to support the body because again healthy living and whole foods don't always cut it when we have these modern problems and sometimes modern Yeah, it's kind of the crux of everything.

And while I love using Mother Nature's to her optimal best in terms of tapping into organ meats and eating nose and tail, or just utilizing what nature has provided as much as possible, but we have to take ownership of that fact that we are living in a toxic modern world.

we've gone down certain paths that are really resulting in us living in this toxic soup. And so to your point, like sometimes you just, you need more than what you're gonna get from nature.

So it sounds like from your research that even just eating lots of cruciferous vegetables is not gonna do it, right? Cause these are concentrated isolates that you are pulling from.

Exactly. Yeah. So getting it through diet, something like sulforaphane is very difficult. But it's not just that phytochemical, there's other aspects.

We built out an entire formula where we always try and look at what are the key areas to support, and then we'll have kind of a multifaceted approach.

So we love the black kale, but we also look at other things like liver health and supporting liver function so that, you know, the primary filter of the body.

So, we have milk thistle, which is really an old school herb for supporting lever function. I have an herbal herbal medicine background, so I love, kind of old-school herbs.

Milk thistles is kind a classic for support healthy liver functions. And then really, we talked about this, but the oxidative stress and the inflammation that's out of balance, that is one of the huge impacts of microplastics.

And so we have some really fascinating materials that we are using and one is called hobamine. which comes from

Mongolian buckwheat, which is pretty wild.

So they discovered this molecule called tuhova in Mongol and buck wheat. And it essentially is a super antioxidant that helps to neutralize basically fat cells that are becoming oxidized.

And so it helps to, you know, support balanced inflammation throughout the body. This is like a brand new cutting edge herbal ingredient that we've gotten this product.

And then we got some other interesting herbs as well, including green tea extract, which has a phytochemical called EGCG, I forget, it's like the longest word in the world, but we call it EGCG, which is a really awesome phytochemical in green tea.

And then the last piece we have as well is Shilajit, a lot of research on Shillajits as Well. That's essentially super rich in fulvic and humic acids.

And these are kind of the primary shuttling agents throughout the body and has this energizing, detoxifying effect on the bodies. So it kind energizes the entire process of that microplastics detoxification.

Yesilaji is really starting to make waves. Some people are even trying to say it's more nutritious than even organ meat such. I haven't done any of that research yet, but I was like, how could you say that?

But it definitely, It's a very kind of more and more popular product. I think, you know, what's really important about what you're identifying, and it's something important for, it some might think about a lot, but it is important to me to say to everyone, because I know everyone is sometimes hearing me talk about how we need to move away from swallowing our supplements and really eating our food.

but there is a time and a place for these support systems. And you didn't mention anything that's weird or like truly laboratory made. I know some of these isolates are being made in the laboratory, but they're being from real food products.

Nothing you mentioned is not natural. Everything you mention is all natural, so I think that is really important when we think about this. But I have to say, I know that this product you guys created, you're kind of pinpointing that is for microplastics, but it's really just for elimination, right?

It's for detoxification. So you don't necessarily need to be taking this to eliminate micro plastics. If you need detoxication support, this is a good product for you, Yeah, that's a great point.

It is more of a, it does have kind of that a broader spectrum approach. And we're looking specifically for microplastics, cause that where kind the research led, but when you benefit one thing in the body, you tend to benefit the whole as well.

So that kind a way we look at it. There's no like weird ingredients or coffee enemas that you have to go through or crazy stuff. I think this is something to look at as an addition.

For instance, a lot of folks who travel internationally, that's a time when you're super exposed to microplastics.

Utzy Naturals and the Microplastics Detox Formula

I had a friend that went to Southeast Asia and everything you drink is out of plastic water bottles and all the foods in plastic. Her gut health, it took her months to kind of get that back online.

And she was like, I wish I had your product then to help me out because, you know, there's these super exposure events that we get. Frequent travelers are kind people that should really be thinking about this because everything in the airport is in plastic.

or just kind of an occasional tune up, giving it a, you know, one, two month try once a year. But we did also build it in a way that you can use it on a daily basis.

So kind our thesis is we're exposed daily. And so let's help our body detox daily, but it's also something to that. You could just take for a month or two and just give your body some extra clearance so it can kind catch up and then work on doing this own processing itself.

Well, I'm so grateful that you came on the show to share this because I, look, in no way do I want people to think like, oh, we're just trying to push a detoxification capsule.

But I think that the bigger picture that we are trying identify here is that Look, we live in a modern society that is basically a toxic soup. We can follow the pillars, as you mentioned earlier.

And still sometimes that is not enough. And so looking for high quality supplements that have real natural ingredients in them can be game changing. Let's face it, not all companies are in integrity and I'm just so happy to share you with everyone because everything, every interaction I've had with you and your brother is just full of integrity.

And I really do believe that you guys are, you have the best interests of people in mind. Like you really are trying to help people heal and to be healthy.

Um, anything you'd like to share before we sign off that you just want people to be aware of her to think about, uh, post this, this episode. Yeah, well, appreciate the kind words, James.

And yeah, I think, you know, the biggest impacts that we can have are things that were going into our body. So I really think hard about your water supply and making sure you have access to filtered water, whether it's reverse osmosis, Berkey, some of these other cool, products that are coming on the market.

That's something that can impact and change. Another thing is when we're thinking about food and food storage, making we are reducing that exposure to plastic containers, heating in plastic container, get some glass containers.

Get a Stanley for your water or your daily coffee at Starbucks, take in a metal aluminum drink container there. So those are kind of two key things. And then, hey, if you need some extra support, you can check out our product, Microplastics Daily Detox.

And we're excited to have this available for folks. And our goal is just to help people live better and have healthier lives and thrive in this modern toxic world.

I also want to just share one thing is that I want make sure everyone knows because we did talk about water filters. with reverse osmosis, with burkeys, that it is important to then add minerals to the water, because reverse-osmoses removes the minerals.

It almost, in a sense, purifies it too much. In a good way, like in this toxic world, we need to purify it a lot, but we also wanna make sure to remineralize it, so you wanna choose either a mineral support or salt that you can then add back into the water.

And sometimes there's like, I know we use a filter system that has mineral rocks at the bottom of it that then helps to remineralize. So there are lots of different systems out there, but just make sure that to your point, yes, filtered water, then also think about then what is it getting replenished with.

Yep. That's a great point. And yeah. Organ meats are also fantastic for that. Yeah. Let your filtered water seep with organ meats at the bottom. No. You can just use a beef liver, hook it up right there.

Hook it in an IV. Except be careful because the IV might be putting microplastics in here. Really, Dan, thank you so much for coming on. How can people find this product and how can they find you?

Sure, of course. So our brand is Utsy Naturals. Our website is just utsy.com, U-T-Z-Y. And then, yeah, so you can go there. We've got our microplastics daily detox product available on the site.

Then you could follow us on social media, just Utzy Naturalls. I'm starting to put out social medias. It is my most hated thing in the world. I think it's Utsy Dan at Utzy Dan and starting to just try and educate folks of everything I've learned over my life.

And I spent a lot of time on health and research and so just trying to share some of that along the way. Danny, you also have a special gift for everyone, correct?

Yes. Yeah. So we set up a, uh, special discount for James, in particular and all, all the friends. Um, and it said EA 20 to save 20% off. Uh, we'd love you to check out the product and we love to get your feedback.

Thank you so much.

Final Takeaways and Where to Find the Product

We're going to put that in the show notes. Yeah, and I think that's really key is that this is all new science. This is a new product. The more you can give feedback to them on how do you feel from it.

And I I really do stress that I don't like I while we're coming at it from the kind of micro plastic angle. I Really do believe we can all get support around our elimination pathways.

And this sounds like a fantastic product. I think my elimination pathways are already working pretty well because of my lifestyle choices and what I choose to eat.

So it's hard for me to say how much it affected me, but I loved hearing what's in it because I know everything you mentioned. It's really quality. I know that.

And so that makes me very encouraged. Yeah, that's awesome. Part of the deal is the research is evolving. A lot of human clinicals are still in process on this.

So we're taking an iterative approach. As science comes out, we will make updates along the way. We're just trying to build out a product to help people.

Exposure happens daily, so let's support it daily. Thank you again for joining us. Please spread the word, leave a comment, anything you can do to just kind of help us know how this show is affecting you.

Be well. Thank so much for joing me on Everyday Ancestral. If you enjoyed this episode, hit subscribe so you don't miss the next one. You can find the show notes, links, and resources mentioned at eatpluck.com.

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